



# **MEDICAL WORDS QUIZ**

*IT TAKES LESS THAN FIVE MINUTES TO GO THROUGH AN  
EXERCISE/QUIZ  
OPEN ANY PAGE, READ FOR KNOWLEDGE*

***DR. O.A. SARMA***

*Former Prof. of Tuberculosis & Chest Diseases  
Osmania Medical College, Hyderabad*

**DELTA PUBLISHING HOUSE**

NEW DELHI HYDERABAD BANGALORE MADRAS

## **DELTA PUBLISHING HOUSE**

No.4, MCH Complex, Putlibouli, Koti, <b>Hyderabad - 500 195.</b>	Ph. : 511606
118, 7th Cross, 5th Main Road, N.R.Colony, <b>Bangalore - 560 019.</b>	Ph. : 6617199
44, Vellala Street, Aminjikarai, <b>Madras - 600 029.</b>	Ph. : 616349
28/5, 16th Street, Vishvas Nagar, <b>Delhi - 110032.</b>	Ph. : 2423387

**1996**

**ISBN : 81- 7444- 032 - 1**

*Published by : Mrs. Usha Kiran, for Delta Publishing House*

*No.4, MCH Complex, Putlibouli, Koti, Hyderabad - 500 195. Ph. 511606*

*Printed at : Ecomax, Hyderabad. Ph. 4067895*

*Composed by : Right Choice, Hyderabad. Ph. 4734408*

## FOREWORD

---

---

The privilege is mine to write a foreword to this unusual book-let written by an old colleague of mine Dr. O.A. Sarma. Unusual in the sense, it is not 'the run of the mill book' that any doctor encounters in his practice with this type of challenging and intellectual knowledge. This may not provide all the information to pass the entrance examinations but this definitely contributes to one's medical knowledge and brightens him/her. Many ways do exist where we can reach the pinnacle of medical knowledge. Some are straight forward, some have to be spoon fed and some may be challenging and brain teasing. This book provides that kind of challenge and creates curiosity and interest in the reader.

As the author has mentioned, this is good for both undergraduates, post-graduates, and practitioners. This book is in the form of sections and exercises comprising clinical problems as well as self evaluation quiz. One may have to refer to few books on their shelf to get answers as they might have forgotten.

I am sure, this book will be read by many and fills up the gaps in general medical knowledge.

Prof. Kakarla Subbarao

Advisor- Health, Medical & Family Welfare  
Govt. of A.P.

# INTRODUCTION

---

---

The object of contemplating a handbook of this type is to find the means of improving one's vocabulary. Words and ideographs of science are important tools for the continuing and successful interchange of ideas. Transmission of ideas through appropriate words, preserving the integrity of the word is attempted herein.

Words are the instruments of understanding and expression of ideas. Each word is like a bead in the necklace of expression; the expression becomes brighter and brighter depending on the quality of the bead in the necklace.

This book is useful to persons of all ages. Some exercises suit the standard of undergraduates (M.B.B.S. level) while others interest the post-graduate students.

This book is perhaps, the first of its kind published so far. This is an interesting venture which is off the beaten track, ventilating new and novel ideas. The approach is unique in the sense that the ideographs are genuinely original.

In Section 1 a review of certain diseases with research-oriented themes is given. Sections 2 and 3 vouch the richness of medical vocabulary. Sections 4 and 5 highlight the twin hazards of the present day society. Sections 7 to 10 denote veneration to medical scientists. Section 13 upholds the vastness of word combinations thus improving medical vocabulary; it provides objective type of quiz exercises. Section 16 caters to the lighter side of reading with a touch of witticism. The final section is as interesting as a game of cards.

Each section, exercise or quiz is a self-limiting topic without any context to the preceding or succeeding matter. This is a great boon in the choice for reading. Open any page, section or quiz, read for the length of time you can spare; the knowledge thus gained will stimulate the reader to read further and more.

The exercises in this book will etch an imprint on one's own mind in the same manner as the incision on the skin reminds a person of the signature of the surgeon who operated on him.

I express my sincere thanks to Dr. V.K. Rama Rao for his help in reading the proofs.

I am indebted to Shri. Mahesh for publishing this book at a short notice.

I am thankful to Mrs. Usha Kiran for her secretarial assistance and completing this publication in a record time.

O.A.Sarma

# *Contents*

---

---

<i>Foreword</i>	<i>iii</i>
<i>Introduction</i>	<i>v</i>
<b>1. Medical Sciences Across the World</b>	<b>1</b>
<b>2. Words Ending in the Same Group of Letters</b>	<b>8</b>
<b>3. Words Beginning with the Same Group of Letters</b>	<b>20</b>
<b>4. Obesity</b>	<b>23</b>
<b>5. On Smoking</b>	<b>29</b>
<b>6. Medical Abbreviations</b>	<b>34</b>
<b>7. Legendary Names in Medicine</b>	<b>42</b>
<b>8. Eponyms in Medicine I</b>	<b>44</b>
<b>9. Eponyms in Medicine II</b>	<b>51</b>
<b>10. Scientists and Syndromes in Medicine</b>	<b>57</b>
<b>11. Historical Review of Tuberculosis in some of its Aspects</b>	<b>64</b>
<b>12. Two Diseases of Chronic Infective Granuloma</b>	<b>67</b>
<b>13. Matching of Words</b>	<b>72</b>
<b>14. Some Interesting Anecdotes in my Clinical Practice</b>	<b>90</b>
<b>15. Varieties of Pain</b>	<b>99</b>
<b>16. Lapsus Linguae, Lapsus Calami and Snippets</b>	<b>105</b>
<b>17. The Care of the Aged</b>	<b>115</b>
<b>18. A Quiz on Shuffle of Words</b>	<b>119</b>

## SECTION I

### Medical Sciences Across the World

---

Service to mankind through research and continuing education is the watchword of the present day . To mention an instance, the struggle for the solution to the present day energy crisis is being sought by the attempts to harness solar energy thus conquering a gulf of 92,900,000 miles, the distance between the Sun and the Earth.

Dissemination of knowledge is the object of a book and its author. Let us review the progress in events in various disciplines in the medical field.

Starting with the master organ, the heart, the contributions made by DeBakey of the Baylor College of Medicine shows the successful results of coronary bypass surgery. Pathological changes of intimal proliferation or atherosclerosis in the grafted veins appear to pose only a limited threat. For grafting, instead of the vein conduit, arterial conduit say, internal mammary vessel is being researched upon.

The successful and durable heart transplant done last year in the All India Institute of Medical Sciences, New Delhi is an epoch-making event in the history of world medicine.

Risk factors in coronary artery disease are too well known. To the best of our knowledge, we all know diabetes mellitus seems to be associated significantly with ischemic heart disease in all ages.

Hope in despair has ushered in this era of whole organ transplantation wherein the number of cases of transplantation and variety of organs thus grafted, have increased, largely because of the protective effects of the new immunosuppressive drug, Cyclosporin-A which is optimally used in judicious combination with steroids in the maintenance of the viability of the grafted organ. The chance of having a functional cadaveric kidney homozygous at the end of the first year has gone upto 90% with a patient mortality which is in the 5% range. (Dr. Thomas E. Starzl).

Liver transplantation has seen remarkable growth with one year survival rate of 70 per cent. Dr. Roger Williams of the Liver Failure Unit at King's College Hospital is the pioneer in this field. The major indications for liver grafting are endstage parenchymal disease with failure and primary hepatic malignancies. Liver transplantation is curative for inborn errors of metabolism such as Wilsons's disease, galactosemia and possibly in anti-trypsin deficiency.

Temporary liver support with charcoal haemoperfusion has been developed in order to adsorb those toxins which are thought to be responsible for hepatic encephalopathy. Early attempts were thwarted by the development of platelet activation and systemic hypotension. With the introduction of prostacyclin infusion this problem has been overcome. Cerebral oedema is a common cause of death in fulminant hepatic failure; mannitol is found to be effective in reversing the gear and reducing intracranial pressure, provided renal function is normal. Renal impairment can be tackled by haemodialysis.

The discovery of Australia antigen (HBs Ag) opened up new vistas for the understanding, treatment, control and prevention of viral hepatitis. As a result, a hepatitis B vaccine was developed from asymptomatic human carriers of HBs Ag. High cost and short supply of this type of vaccine are bottlenecks. Vaccination regimens employing smaller than the presently utilised 20  $\mu$ g/

dose Merck Sharp and Dohme vaccine have been shown equally efficacious in young adults. However, researches are going on to manufacture HBs Ag vaccine by synthetic or genetic engineering techniques.

The role played by persistent hepatitis B viral infection of the liver and its association with primary liver carcinoma is discussed in International Conferences. Furthermore, severe symptoms of hepatitis have been observed and higher incidence of hepatitis, than in normals, have been reported in individuals with G6- PD (Glucose 6- phosphatase deficiency).

The high incidence of hepatitis B infection in sexually promiscuous individuals in urban general practice points to the increasing importance of this condition as a sexually transmitted disease.

Total joint arthroplasties have come to stay as reconstructive orthopaedic operations in the United States of America and Europe, as a conjoint venture between orthopaedic surgeons, mechanical engineers and metallurgists . The hip is the commonest joint replaced, followed by the knee, shoulder, hand, elbow and ankle.

Bone Bank at the University of Miami, Florida is the largest bone bank in the U.S.A. The osteo-articular grafts are harvested from fresh cadavers, immersed in 15% glycerol to preserve the chondrocytes, and then frozen in 50% liquid nitrogen.

Tuberculosis figured as one of the predisposing diseases in cases of renal amyloidosis in the Middle East (Jordan) and Algeria. The chief clinical expression is a nephrotic syndrome, associated in half the cases with a severe renal insufficiency.

Allergic diseases affect 12 to 20% of individuals. Allergic individuals (but not normal subjects ) make an antibody response to the IgE class of environmental antigens (allergens) such as

dust, pollens, and foods. Following their entry into the body, allergens interact with IgE bound to mast cells and cause their degranulation with the release of biologically active substances like histamine, eosinophil chemotactic factor, which in turn, give rise to clinical manifestations of allergy (urticaria, bronchial wheezing).

The human IgE response is under the control of immuno-regulatory T cells (both helper and suppressor cells). Suppressor phenotype ( $T_8$  antigen positive cells) and  $T_4$  antigen are also involved in further regulation.

Perhaps, the episode of pulmonary embolism is not receiving its due share in the recognition of chest complaints. Apart from the epochal and dramatic events heralded by the traditional text-book description attended by severe chest pain, dyspnoea, hyperventilation and blood-tinged sputum, the milder episodes are not diagnosed in time. Lung perfusion scan and pulmonary angiography are recent innovations.

Respiratory distress syndrome - hyaline membrane disease is a major cause of neonatal death throughout the world. Recent nomenclature adopted the pathophysiologic entity in adults following major surgery as adult respiratory distress syndrome (ARDS) often referred to as 'shock lung'. ARDS is rarely encountered as a complication in acute miliary tuberculosis of the lungs.

The sensations from the heart and lungs in health and disease have been explained by the work of Paintal, 1973. The area (called the J area, Paintal, 1983) where the sensations of the J receptors are felt, extends from the upper throat to the middle of the sternum. The type J receptors produce sensations of breathlessness. The influence of these in the pathophysiology of high altitude pulmonary oedema (HAPO) and certain diseases involving the alveolar interstitium is being studied.

Forced expiratory volume in the first second (FEV<sub>1</sub>) and forced expiratory flowrate during mid-expiration (FEF 25-75):

the improvement in the above parameters induced by a bronchodilator drug is the usual study. Parameters derived from maximum expiratory flow-volume (MEFV) records e.g. maximum expiratory flowrate at 50% vital capacity (MEF 50) and at 25% vital capacity (MEF 25) and mean transit time (MTT) have been found to be more sensitive indicators of airway obstruction and less effort - dependent than estimation of mere FEV<sub>1</sub>.

Schistosomiasis is endemic in Saudi Arabia, Egypt (Nile delta) and Middle East - infections by *S. mansoni* and *S. haematobium*. ELISA technique in the diagnosis of schistosomiasis using cercarial and egg antigens of *S. mansoni* is popular. Oesophageal varices and chronic bilharzial vesical ulcers are too common. For spleno/portal hypertension, shunt surgery viz, portacaval shunt, lienorenal shunt and mesocaval shunt in the management of bleeding oesophageal varices is being practised.

Certain non surgical procedures endoscopically are also popular for e.g. using a monopolar hydro-electric thermo-probe coagulation method for stopping acute gastrointestinal ulcers/erosions and bleeding peptic ulcers in general surgery. Sclerotherapy for oesophageal varices using fiber optic gastroscope for cases presenting in Child's Class A (good liver function) and in Child's Class C (poor liver function) is in vogue. Sclerotherapy is also practised in oesophageal varices secondary to schistosomiasis. A new method of treatment of G.I. system ulcers and their bleeding is to cauterise through endoscopic Neodym-YAG Laser via a flexible photoconductor; this same principle is being adopted now for the treatment of endobronchial bleedings also.

Rapid strides took place in microsurgery for cerebral aneurysms, tuberculum sella meningiomas, and for the reconstruction of the facial nerve in its extra temporal course.

The treatment of post - burn contracted neck by latissimus dorsi myocutaneous flap after excising the scar /keloid is another surgical feat done in Egypt. The flap was transferred to the neck from behind the clavicle.

In Egypt, in the treatment of postcricoid carcinoma with radical laryngopharyngectomy, the pharynx was reconstructed by a tubed myocutaneous flap; latissimus dorsi was used in females, while pectoralis major was used in males. The flap was brought to the neck from a retroclavicular route.

The left gracilis muscle was used as an artificial sphincter to surround the anal canal and as a support in patients with complete rectal prolapse.

A 16 mm movie was presented at the meeting of the International Society of Urology describing a method of total reconstruction of the penis after its amputation for cancer in a 36 year old Saudi male, with the use of myocutaneous gracilis muscle flap with preservation of the vascular and nervous supply.

Reimplantation of parts of the upper extremities using micro-vascular techniques was done in 6 cases in Dammam: one case had shoulder avulsion, two cases with crush amputation of wrist region, and three patients with multiple digital amputation. The ischemia time varied between four to six hours.

The use of amniotic membrane as a biological dressing in the management of burns is simple and inexpensive. It prevents heat and water loss from the wound surface and acts as a barrier against bacterial contamination. It relieves pain significantly and promotes healing.

Nearly one half of the world's population living in the tropics and subtropics is still exposed to malarial infection. Strains of *P. falciparum* are becoming resistant to chloroquine. On the African continent and in the South West of Saudi Arabia *P. falciparum* represents over 90% of all infections, thus posing

an increasing and severe threat. Quinidine has been shown, like quinine, to be valuable in a severe attack e.g. cerebral malaria. A derivative of a Chinese plant, *Artemisia annua* L destroys malaria parasites in blood quickly. The parasite has to be tackled at all stages i.e. the sporozoite that infects the liver, the merozoite that invades the erythrocytes in circulation, and the gametocytes that infect mosquitoes, thus completing the life cycle. The task is Herculean. Hence to control malaria, vaccines are thought of. Recombinant DNA technology is being used to clone the genes responsible for the biosynthesis of some of these antigens into virus vectors that will then, it is hoped, induce the synthesis of the required antigens in a suitable organism e.g. *Escherichia coli* or a yeast cell. The objective is to use these highly purified *genetically engineered* or synthetic antigenic polypeptides in the preparation of malaria vaccines. Prof. W. Peters, London School of Hygiene and Tropical Medicine is researching on this thought.

For a long time the humoral mechanisms were believed to play the main role in protection against malaria. Only recently the role of cellular mechanisms in immunity against malarial infection have been studied. T-Cells, B-Cells and macrophages were found to play a decisive role in the development of immunity.

**Leprosy vaccine** : the vaccine prepared from leprosy bacilli grown in the footpads of armadillo under a WHO programme, had shown promising results in animal trials and was being tested on human volunteers in Norway. Soon, it would be tested on volunteers in the U.S.

Finally, a thought about stress, a hidden killer, a long suspected *villain* in the etiology of numerous disease states, as a result of the monumental work of Dr. Hans Selye (Selye's hypothesis). Dr. Selye states: "Stress is the great equalizer of biological activities. If we use the same parts of our bodies or minds over and over, Nature has only stress with which to force us out of the rut".

## SECTION 2

### Words Ending in the Same Group of Letters

---

---

The mental process to recall a word from the memory is enigmatic. A word stored in the brain may not come out when required, but may eject next moment ; attempts to dig it from memory include repeated ruminatation and constant phonation of words with similar intonation.

Both the group of letters and words are listed in alphabetical order.

#### Exercise 1

##### Words ending in the same group of 'two letters'

###### 1. Words ending in 'es'

Ascaris	diabetes	rabies
lumbricoides	faeces	scabies
ascites	fauces	tabes
caries	lues	testes

###### 2. Words ending in 'ia' (see exercise 2,3, 5 also)

alopecia	fascia	phobia
anorexia	labia (majora)	pia
dyskinesia	labia (minora)	pyrexia
dyslexia	melancholia	tibia
dystonia	myalgia	

**3. Words ending in 'is' (see exercise 2,3,4 also)**

axis	iris	orbicularis oris
bundle of His	lupus vulgaris	pelvis
conus	mycobacteri-	pubis
medullaris	um bovis	

**4. Words ending in 'us'**

anus	foetus	sinus
bolus	linctus	situs inversus
calcaneus	meatus	soleus
callus	meconium ileus	status asthmaticus
clonus	naevus	talus
coccus	pannus	tonus
coitus	paralytic ileus	trapezius
diabetes insipidus	pemphigus	truncus
diabetes mellitus	pus	umbilicus
disseminated lupus erythematosus	risus sardonicus	uterus
flatus	sartorius	vaginismus
	serratus	volvulus

**Exercise 2****Words ending in the same group of 'three letters'****1. Words ending in 'ics'**

anabolics	biophysics	mucolytics
anaesthetics	dietetics	mydriatics
analgesics	diuretics	obstetrics
antibiotics	genetics	orthopedics
antileprotics	geriatrics	pediatrics
anti-pruritics	haematinics	physics
antipyretics	haemostatics	statistics
antiseptics	hypnotics	styptics
antispasmodics	miotics	tonics
antithrombotics		

**2. Words ending in 'ine' (see exercise 3 also)**

aminophylline	masculine	turpentine
cinnarizine	pilocarpine	tyrosine
histidine	procaine	valine
iodine	proline	vinblastine
isoleucine	pyridoxine	vincristine
leucine	quarantine	xanthine
lidocaine	quinidine	yohimbine
lysine	serpentine	

**Drug**

Xylocaine

**3. Words ending in 'nia'**

asthenia	leucopenia	schizophrenia
hypertonia	mania	Taenia
hypotonia	myasthenia	thrombasthenia
insomnia	pancytopenia	thrombocytopenia
kleptomania	paronia	

**4. Words ending in 'oma'**

acoustic neuroma	glioma	osteoma
adenoma	leiomyoma	papilloma
carcinoma	lipoma	rhabdomyosarcoma
chondroma	multiple myeloma	sarcoma
fibroma	neuroblastoma	trachoma
glaucoma	neurofibroma	tuberculoma

**5. Words ending in 'one'**

bone	cone	thiacetazone
clone	prone	tone
comedone	stone	zone

**Drugs**

Dapsone	Furoxone	Thiopentone
---------	----------	-------------

## 6. Words ending in 'ose'

arabinose	glucose	pentose
dose	maltose	sucrose
fructose	mannose	thrombosis
galactose	nose	varicose

## Drug

Calmpose

## 7. Words ending in 'psy'

autopsy	dropsey	narcolepsy
biopsy	epilepsy	necropsy
cholelithotripsy	lithotripsy	

## 8. Words ending in 'rgy'

allergy	lethargy	orgy
anergy	metallurgy	synergy
energy		

## 9. Words ending in 'ria' (see exercise 3 also)

atria	hysteria	mycobacteria
bacteria	malaria	Neisseria
criteria	microfilaria	urticaria
filaria	mitochondria	Wuchereria
hypochondria		

## 10. Words ending in 'sis' (see exercise 3 also)

asepsis	enuresis	paralysis
crisis	hematemesis	paresis
diuresis	hemoptysis	sepsis
emesis	lysis	

**11. Words ending in 'tal'**

antenatal	mental	sagittal
congenital	metal	scrotal
digital	mortal	segmental
fatal	neonatal	septal
frontal	portal	total
genital	postnatal	urogenital
horizontal	prenatal	vital

**Drugs**

Fintal	Foristal	Intal
--------	----------	-------

**12. Words ending in 'try'**

biochemistry	dentistry	registry
biometry	palmistry	tonometry
chemistry	pantry	
densitometry	psychiatry	

**13. Words ending in 'ula'**

canula	macula	scapula
Dracuncula	nebula	spatula
fibula	opercula	torula
fistula	pinguicula	trabecula
formula	ranula	uvula
lingula		

**Exercise 3****Words ending in the same group of 'four letters'****1. Words ending in 'apse'**

collapse	prolapse	synapse
elapse	relapse	

**2. Words ending in 'asia'**

achalasia	aplasia	hypoplasia
achondroplasia	euthanasia	platybasia
aphasia	hyperplasia	

**3. Words ending in 'asis'**

ancylostomiasis	giardiasis	stasis
ascariasis	lithiasis	taeniasis
candidiasis	moniliasis	trichomoniasis
elephantiasis	Paragonimiasis	
filariasis	psoriasis	

**4. Words ending in 'emia'**

abetalipoproteinemia	hyperbilirubinemia	pyaemia
anemia	hypercholesterolemia	septicemia
azotemia	hyperkalemia	sulfhaemoglobinemia
bacillemia	hyperuricemia	toxemia
bacteremia	hypokalemia	tularemia
bulemia	hyponatremia	viremia
carotenemia	hypoproteinemia	
choleemia	polycythemia	

**5. Words ending in 'gram'**

angiogram	myelogram
antibiogram	pyclogram
bronchogram	Roentgenogram
electrocardiogram	sinogram
electroencephalogram	skiagram
hysterosalpingogram	urogram
lymphangiogram	venogram
mammogram	ventriculogram

**6. Words ending in 'itis' (see exercise 4 also)**

appendicitis	gastritis	oophoritis
arthritis	gingivitis	pyelonephritis
bronchitis	ileitis	sinusitis
bursitis	iritis	synovitis
carditis	lachrymitis	tracheitis
cervicitis	mastitis	urethritis
cholecystitis	mastoiditis	uveitis
colitis	nephritis	

**7. Words ending in 'lity'**

ability	fertility	senility
bioavailability	infertility	stability
capability	mobility	sterility
debility	mortality	susceptibility
fatality	motility	vulnerability

**8. Words ending in 'mine'**

amine	dobutamine	histamine
calamine	dopamine	melamine
catecholamine		

**Drugs**

Coramine	Dramamine	Polaramine
----------	-----------	------------

**9. Words ending in 'nine'**

alanine	feminine	quinine
arginine	leonine	strychnine
canine	methionine	

**10. Words ending in 'osis'**

acidosis	furunculosis	ptosis
alkalosis	fluorosis	pulmonary alveolar
aspergillosis	halitosis	proteinosis
bagassosis	histoplasmosis	sclerosis
bartonellosis	hydronephrosis	silicosis
blastomycosis	ichthyosis	spondylosis
brucellosis	narcosis	sporotrichosis
byssinosis	necrosis	stannosis
calcinosis	neurofibromatosis	symbiosis
coccidioidomycosis	neurosis	thrombosis
cryptococcosis	osmosis	tuberculosis
dermatosis	prognosis	xerosis
diagnosis	proptosis	
endometriosis	psychosis	

**11. Words ending in 'pnea'**

apnea	dyspnea	sleep apnea
bradypnea	orthopnea	tachypnea

**12. Words ending in 'tion' ( see exercise 4 also)**

attention	excretion	precaution
attrition	malnutrition	secretion
caution	micturition	subnutrition
constitution	nutrition	substitution
dilution	position	undernutrition

**13. Words ending in 'ture'(see exercise 4 also)**

aperture	moisture	stature
culture	nature	suture
denture	nurture	torture
mature	posture	venture
mixture	rupture	

**14. Words ending in 'uria'**

albuminuria	chyluria	oliguria
alkaptonuria	dysuria	polyuria
anuria	glucosuria	proteinuria
bilirubinuria	glycosuria	pyuria
biliuria	nocturia	

**Exercise 4****Words ending in the same group of 'five letters'****1. Words ending in 'ation'**

administration	calcification	copulation
aeration	caseation	demonstration
agglutination	circulation	evaluation
alleviation	coarctation	fasciculation
amelioration	concentration	gestation
amputation	constipation	hallucination

hastration	mutilation	registration
infestation	ovulation	saturation
investigation	palliation	sequestration
lactation	palpation	suppuration
maturation	palpitation	ventilation
menstruation	pigmentation	
mutation	population	

**2. Words ending in 'bolic'**

anabolic	catabolic	metabolic
carbolic	embolic	symbolic

**3. Words ending in 'cidal'**

amoebicidal	homicidal	microbicidal
bactericidal	infanticidal	suicidal
fungicidal	insecticidal	viricidal
germicidal		

**4. Words ending in 'ction'**

action	prediction	section
addiction	production	suction
fraction	putrefaction	traction
friction	reaction	tumefaction
liquefaction	satisfaction	

**5. Words ending in 'cture'**

acupuncture	manufacture	stricture
fracture	picture	structure
lecture	puncture	tincture

**6. Words ending in 'gitis'**

cholangitis	meningitis	pharyngitis
laryngitis	oesophagitis	salpingitis
lymphangitis		

**7. Words ending in 'litis'**

cellulitis	folliculitis	radiculitis
colitis	funiculitis	tonsillitis
encephalitis	pyelitis	vasculitis

**8. Words ending in 'nitis'**

adenitis	duodenitis	rhinitis
balanitis	jejunitis	tympanitis
Bartholinitis	lymphadenitis	vaginitis

**9. Words ending in 'ology'**

anesthesiology	iatrology	pathology
bacteriology	imageology	pharmacology
biology	immunology	physiology
cardiology	microbiology	pulmonology
dermatology	neonatology	radiology
endocrinology	nephrology	technology
epidemiology	neurology	traumatology
etiology	oncology	urology
gynaecology	ophthalmology	virology
haematology	osteology	zoology
histology	parasitology	

**10. Words ending in 'otomy'**

cholecystotomy	laparotomy	sigmoidotomy
craniotomy	mediastinotomy	thoracotomy
gastrotomy	osteotomy	urethrotomy
keratotomy		

**11. Words ending in 'pathy'**

allopathy	homeopathy	ophthalmopathy
apathy	lymphadenopathy	osteopathy
arthropathy	myopathy	sympathy
cardiomyopathy	naturopathy	telepathy

**12. Words ending in 'rrhea'**

amenorrhea	galactorrhea	rhinorrhea
diarrhea	gonorrhea	sialorrhea
dysmenorrhea	leukorrhea	steatorrhea

**13. Words ending in 'scope'**

arthroscope	laryngoscope	proctoscope
bronchoscope	mediastinoscope	rigid bronchoscope
colonoscope	microscope	sigmoidoscope
cystoscope	oesophagoscope	stethoscope
endoscope	ophthalmoscope	thoracoscope
fibre-optic bronchoscope		video bronchoscope
laparoscope		

**14. Words ending in 'spasm'**

arteriospasm	enterospasm	pharyngospasm
bronchospasm	laryngospasm	pylorospasm
cardiospasm	myospasm	vasospasm
cyclospasm		

**Exercise 5****Words ending in the same group of 'six letters'****1. Words ending in 'actory'**

olfactory	satisfactory
refractory	unsatisfactory

**2. Words ending in 'ectomy'**

appendectomy	mastectomy	prostatectomy
cholecystectomy	mastoidectomy	salpingectomy
cystectomy	nephrectomy	splenectomy
gastrectomy	oophorectomy	tonsillectomy
hemicolecotomy	orchidectomy	tubectomy
hysterectomy	pneumonectomy	vasectomy
laminectomy		

**3. Words ending in 'megaly'**

acromegaly	cytomegaly	organomegaly
cardiomegaly	hepatomegaly	splenomegaly

**4. Words ending in 'ostomy'**

antrostomy	gastrostomy
cavernostomy	sigmoidosigmoidostomy
cholecystostomy	sigmoidostomy
colostomy	suprapubic cystostomy
conjunctivodacryocystostomy	urethrostomy
gastroileostomy	ventriculoatriostomy
gastrojejunostomy	ventriculocisternostomy

**5. Words ending in 'phobia'**

claustrophobia	photophobia	syphiliophobia
gymnophobia	phthisiophobia	syphilophobia
hydrophobia		

**Exercise 6****Words ending in the same group of 'eight letters'****1. Words ending in 'orrhaphy'**

anterior colporrhaphy	posterior colpoperineorrhaphy
endoaneurysmorrhaphy	rhinorrhaphy
herniorrhaphy	urethrorrhaphy

## SECTION 3

### Words Beginning with the Same Group of Letters

---

---

Many methods are devised to improve the vocabulary and this is one such. Attempts to pick up a word stored in the lane of memory include repeated utterance and rumination of the near - wanted word. In such an endeavour the word darts out.

In this section, both the group of words and individual words are arranged in alphabetical order.

#### Exercise 1

##### Words beginning with 'ante'

antecedent	antemetic	anteposition
antecubital	antemortem	antipyretic
antefebrile	antenatal	anterior
anteflexed	Antepar	anterolateral
anteflexion	antepartum	anteroposterior
antegrade		

#### Exercise 2

##### Words beginning with 'anti'

antiadrenergic	anticoagulant	antinuclear
antiagglutinin	antidepressant	antipruritic
antiamebic	antidiuretic	antipyretic
antianaphylaxis	antiemetic	antiseptic
antianemic	antigen	anti toxin
antibiotic	antihelmintic	antivenin
antibody	antiluetic	

**Exercise 3****Words beginning with 'chemo'**

chemod. ctoma	chemotactic
chemolysis	chemotaxis
chemopharmacodynamic	chemotherapy
chemoprophylaxis	chemotic
chemoreceptor	chemotropism

**Exercise 4****Words beginning with 'end'**

Endamoeba	endaural	endrin
endangiitis	endemic	end stage organ disease (liver, kidney etc.)
endarteritis	end-organ	
end-artery	end-plate	

**Exercise 5****Words beginning with 'endo'**

endoangiitis	endolymph	endothelium
endobronchial	endometritis	endothoracic
endocardium	endonasal	endotoxin
endocrine	endopelvic	endotracheal
endoderm	endorphins	Endoxan
endogenous	endosalpinx	

**Exercise 6****Words beginning with 'epi'**

epicardia	epididymis	epiphysis
epicardium	epigastric	episcleritis
epicondyle	epiglottis	episiotomy
epidemic	epilepsy	episode
epidemiology	epinephrine	epithelium
epidermis	epiphora	epituberculosis

**Exercise 7****Words beginning with 'pan'**

pancarditis	pang	pansinusitis
Pancoast tumour	panic	panthenol
pancreas	panniculus	panting
pancytopenia	pannus	panus
pandemic	panophthalmia	

**Exercise 8****Words beginning with 'post'**

postanesthetic	postictal	postsacral
postauricular	postmortem	post-traumatic
postcoital	postnasal	postulate
postepileptic	postnatal	posture
posterior	postoperative	postvaccinal
posthepatic	postpartum	
posthumous	postprandial	

**Exercise 9****Words beginning with 'pre'**

preauricular	preeclampsia	presbyopia
precancerous	preganglionic	prescribe
precardium	pregnancy	preservative
precaution	premature	pressor
precocious	prenatal	pressure
precordium	preoperative	presystolic
precursor	preparation	prevalence
predisposition	prepuce	preventive
prednisolone	presacral	

## SECTION 4

### Obesity

---

The human being is an omnivore but by necessity or as a blessing in disguise many millions in the world are virtually vegetarians; they partake a diet consisting of vegetable foods.

Adequate nutrition is essential for life. One class of foods of vegetable origin include wheat, rice, jowar, ragi etc. Another form may be labelled as the prestigious or luxury foods which include meat and allied products of non-vegetarian origin.

The question whether one is a vegetarian or a non-vegetarian may not appeal seemingly relevant. For instance, we include in vegetarian section milk and its products like ghee which are derived from an animal source. In the non-vegetarian diet a high proportion consists of the staple ingredients of vegetable origin viz, wheat, rice, jowar, ragi etc..

The importance of retaining the fibrous matrix or ground substance in diet has been recognized of late, and intake of fibre has received much emphasis.

Eating of cooked items forces the digestive organs to work three or four times their normal capacity. Human nourishment should consist of living cells but not dead ones. However, every food stuff may not be consumed raw; walnuts, \

almonds, raisins, pulses, carrot, fruits, roots, herbs and greens etc. - some of them can be eaten raw but not all of them. Cooking is essential but attempts to save the food value should not be forgotten.

### Definition

When the weight exceeds 10% it is termed as overweight; obesity is the state when the weight is 20% or more, than normal.

Obesity occurs due to excessive deposition of fat in tissues, *the excess bank balance*. Healthy young men and women have a body fat content of less than 20% and 25% respectively. Most of the fat is stored in adipose tissues, bone marrow and in organs like liver, skeletal muscle and heart.

Judging from a metabolic point of view, all obese persons have a common factor viz, the intake of more calories in the form of food than actually required for the energy i.e. metabolism.

Obese patients are found to have an increased number and increased size of the fat cells in their body. Hence the dictum for maintenance of health is '*It is better to be fit than fat*'. Fat, though expensive in the market is a cheap stuff inside the body. Don't accumulate it. The total intake of calories counts in the production of obesity; basically a calorie is a calorie whether it is consumed in the shape of fat, carbohydrate or protein. Thus it is a caution to the evereating and overeating housewife not to do so.

One should maintain weight in proportion to the height and age as per the standards (tables) stipulated by Life Insurance companies. Imagine a 60 kg individual walking on plain road unaccompanied by any baggage. Next put him in the situation

of carrying an additional load of 20 kg either on his head, shoulders, in the axilla, on the back or in the hand. Observe the panting and discomfort in the latter situation. When he puts on a weight of 80 kg visualise how *loathsome* his body feels to bear the extra burden of 20 kg. This extra weight day in and day out is a constant burden which the body has to bear. Why subject the body to this extra strain? Why face the evil consequences of obesity?

Many obese persons believe that they have an inherent metabolic disorder. In majority of cases, abnormal and excessive eating leads to obesity.

When calorie intake exceeds expenditure the excess calories are stored as fat in the tissues; the net balance between the two variables regulates the amount of adipose tissue in the body.

### **Hazards of overeating and obesity**

Some of the conditions lead to early death

- \* Diabetes mellitus, coronary artery disease, hypertension, vascular lesions of the central nervous system colloquially referred to as strokes.
- \* Digestive disturbances, gall bladder disease leading to stone formation (cholelithiasis), colonic diseases.

Osteoarthritis due to extra load and burden of weight bearing.

### **Other morbid effects of moderate obesity**

- \* Psychological disturbances, breathlessness, ankle oedema due to gravitational stasis, involvement of joints (osteoarthritis), skin irritation, varicose veins especially in the region of calf, hiatus hernia, constipation.

- \* Hyperlipidemia, hypercholesterolemia.
- \* In women menstrual irregularities and disturbance of menstrual flow.
- \* Incidence of endometrial cancer and breast cancer is on the increase in obese individuals.
- \* When an operation is performed on an obese individual, the postoperative course may not be uneventful- infection, poor wound healing, vascular and renal complications to be watched for.

### **Gross obesity - Sequelae**

Physical stress and strains, sciatica, cholelithiasis

In short, obesity is a disease of affluence and sedentary living. A partially hungry/full stomach has its own rewards. A rickshaw-puller rarely suffers from the above diseases.

### **Management of the obese**

Food faddism occurs as an obsessive compulsive neurosis to indulge in over eating. Diet is a touchy subject; yet simple dietetic advice leads to long term success.

### **We preach**

' 'A man is what he eats'. 'Eat to live, don't live to eat, live not to overeat'; 'don't love to overeat, hate to overeat'.

Restrict your calories. A daily intake of 800 to 1200 calories is a reducing diet. Protein intake of one gram per kilogram body weight is adequate.

### **Fat**

Culinary aspects of delicacy in taste - tasty twist of the taste buds in the tongue : liquid fats consisting of

polyunsaturated oils better than solid saturated fats. Remember ! solid saturated fats are suicidal for the obese.

Table : Ratio of polyunsaturated to saturated fats (P:S) in certain oils

<i>Oil</i>	<i>P:S ratio</i>
Safflower oil	9.0
Corn oil	5.3
Sunflower oil	5.3
Soyabean oil	3.5
Peanut oil	1.6
Palm oil	0.2

The oil with the higher content of polyunsaturated moiety i.e. with higher P:S ratio should be chosen.

### **Animal fat**

Lard and butter are to be forbidden. Look at the advertisement '*Lean on fat, fat on protein*' - the idea behind is self explanatory.

Cholesterol is to be restricted to less than 300 mg/day. The following are cholesterologenous foods: cake, pastry, chocolate, yellow of egg and ice cream.

### **Dietary fibre**

Important ingredient in the diet to prevent functional constipation, tumours of the colon and rectum. An apple a day eaten with the skin intact keeps the doctor away.

Natural bran, peanut, popcorn, raisins, almonds, walnuts, pumpkin seeds, sunflower seeds: We see urchins and girls

snipping some of these seeds as a 'time -pass' hobby which in turn, helps them in fibre intake.

Vitamins and minerals are necessary adjuncts.

### Low cost programmes - exercise

- \* Walking is a good exercise. The grades are slow walking, fast walking, jogging and running.
- \* Wash your clothes and those of others, if need be. Swimming is the best exercise.
- \* Use staircase; don't use lift except under emergency. Instead of getting up step by step, skip one or two steps i.e. climb by skipping steps thereby giving a little more boost to your heart.
- \* Don't ride a car for short distances; walk.
- \* Bath is one most refreshing activity in life. Bend and wash your own feet.

*Friends! let us convert our bath-rooms into obesity clinics.*

- \* Exercise every voluntary muscle in your body whenever time, situation and place permits, one example, exercise your abdominal muscles while sitting.

*The only way for a rich man to be healthy, is by exercise, and abstinence, to live as if he were poor.*

Dr. Paul D. White.

## SECTION 5

### On Smoking

---

*A cigarette dangling from the lips might be trendy, but may be fatal one day.*

*The Indian Express*

Smoking and obesity are man-made twin dangers of the present day society.

It is estimated that three million people die of tobacco consumption every year. Quantifying the horror in terms of human morbidity and mortality, it has been estimated that about 3/4 million people in the United Kingdom have died of smoking related diseases in the decade 1970-`80, nearly 3 lakhs before the normal retiring age. About 30% of all cancer deaths have been due to lung cancer and at least 90% of those were caused by smoking.

In India 8,03,000 people die of tobacco-related diseases every year. "This means more than 2,200 persons die every day in India due to tobacco", says a study by the Indian Council of Medical Research (ICMR). In India 60 billion cigarettes were sold in 1986 which rose to 85 billion in 1991. The sale of beedies was 10 to 12 times more than that of cigarettes, sources of the Ministry of Commerce say.

"China which comprises 31 per cent of the global tobacco market, is the largest producer as well as consumer in the developing world followed by India and Brazil", said Judith Mackay, Director, Asian Consultancy on Tobacco Control.

Tobacco industry will resist smoking control measures; it will neutralise any health promotion activity which threatens its sales market. Voluntary efforts to stop smoking are frustrated by the efforts of sales promoting measures.

All pleasures have to be paid for at a later date. Remember a warning in red letters. 'Each cigarette smoked has drawn your death few seconds earlier.'

Ash trays greet you in restaurants. You open any magazine, we look scores of advertisements - 'Marlborough, Benson and Hedges, State Express, 555, Wills, Goldflake, Charminar, Bristol', to mention a few; 'smoking is an overture to friendship', 'Gold for satisfaction, length and strength, extra-long; King's size, filter-tipped' and so on.

The latest slogan is to display the tar and nicotine content of the brand of the cigarette thus hood-winking the peril behind the pleasure. the misconstrued belief that filter-tipped cigarettes are less harmful is baseless.

To combat the protagonists of the cigarette trade market, the antagonists should preach thus : "Down with Dunhills", "Damn the Dunhills", "Ban the Bristols".

Nicotine is the chief offending agent in tobacco. The love for Lady Nicotine is an affair for alarm, a cause of concern and a desire ending in doom. *The lure for Lady Nicotine* entices the smoker, makes him/her euphoric and gradually converts him / her into her slave. The pleasure in smoking is evanescent ; it transforms into doom later in life. Another injurious agent in

tobacco is tar. The multi -dollar cigarette industries display the tar and nicotine contents in their products. The tricks of the trade 'filter-tipped cigarettes,' 'lower nicotine and tar content' are flimsy arguments, illusory and deceptive.

Tobacco is consumed by human beings in different forms viz, smoking, chewing and inhaling (snuff). Smoking tobacco in any form, that is chutta, cigar, pipe, cigarette or beedi leads to pollution in the body as well as in the atmosphere.

### **Hazards to the smoker**

Sudden death due to coronary heart disease may be the first manifestation in a smoker.

Tobacco has deleterious effects on different systems in the body. The chief brunt of smoking is borne by the respiratory system.

### **Cancer**

It has been proved beyond doubt that use of tobacco can lead to cancer of mouth, throat, larynx, bronchus and lungs. Smoking promotes the pathophysiology of chronic bronchitis, chronic obstructive pulmonary disease (COPD) and emphysema. It predisposes to development of pulmonary tuberculosis. Also, indulgence in smoking by patients suffering from chronic lung disease, chronic bronchitis and pulmonary tuberculosis worsens the prognosis and delays the results of treatment.

Chewing tobacco, which is very popular in India, particularly among the rural population is a known causative agent for cancer of the mouth and throat. India has the largest number of cases of mouth cancer in the world. Other organs affected by cancer due to tobacco include urinary bladder, kidneys, pancreas, cervix of the uterus and liver.

## **Other diseases**

Besides, tobacco is the culprit in the causation of coronary artery disease, strokes and degenerative disease of peripheral arteries, thromboangiitis obliterans (Buerger's disease).

'Smoking is also not so fair to the fair (sex)'. (The Indian Express).

Females who smoke are more prone to have menstrual problems and irregularities, including missed periods. An average female smoker reaches menopause two years earlier than her non-smoking cousin.

Mothers who smoke while pregnant have greater chances of miscarriage, premature births, still births and low birth weight babies. Not only that, the babies are more prone to infectious diseases and respiratory problems.

Excessive smoking is a contributory factor to stomach ulcers.

## **Hazards to the community**

### **Passive smoking**

When a person is smoking he inhales the mainstream. The sidestream smoke vitiates the atmosphere, thus the neighbours become passive smokers. Most women, who do not indulge themselves in smoking, fall prey to passive smoking because of their smoking husbands. This has also been referred to as 'second hand smoking' by Japanese workers.

An advertisement of a polite nature 'Thank you for not smoking' appeals to the smokers the need for preserving the right of non-smokers to enjoy a pollution - free environment.

### From the smoker's standpoint

Smoking is a habit ; habits die hard, we know. Addiction to tobacco is comparable to the attachment of *Midas to gold*. The most frequent reason why teenagers start smoking is ' My friends smoke'. One advertisement in India entices people 'smoking is an overture to friendship'.

Experts say anti-smoking efforts in the developed countries (West) are neutralised by the increase in smokers in the developing countries, thereby increasing the world pool of smokers. "For every smoker who quits smoking in Norway or the Netherlands, more start smoking in Nigeria or Nepal", one of them said.

### Stringent measures

#### 1. Warning! 'Smoking causes cancer and death'

'Each pack of cigarettes you are carrying is just a pack of coffin nails'-

'Beware! quit smoking to avoid death'.

The will to stop smoking must come into effect from today, not tomorrow. 'Let not the white dagger kill you'.

#### 2. Awareness to the hazards of smoking to be motivated in the people, particularly adolescents.

#### 3. Ban of smoking in public places.

#### 4. Censoring advertisement in the news media.

### Ultimate appeal

*Don't create Tobacco Kings.* Do not grow the poisonous plant, tobacco. Encourage an alternate crop in its place.

## SECTION 6

### Medical Abbreviations

---

For medical abbreviations to become popular, a standard definition must be followed. Confusing expansions of the abbreviation must be avoided. Further, individual idiosyncracies have to be scrapped.

To substantiate the above deviations, the following instances are examined:

M.I. stands for myocardial infarction according to some and mitral incompetence according to others; the former is accepted universally and hence has to be adopted.

Sometimes the expansion gives a *mental somersault*. An enthusiastic urologist coined the following:

USA for urine examination for sugar and albumin.

EMSU for examination of midstream urine.

Anyway, such idiosyncratic definitions are not to be reckoned as standard ones.

See another interesting twist in the expansion.

PUO: pyrexia of unknown origin.

: patient under observation.

The former, no doubt, is the definition accepted in all quarters and by all clinicians.

Let us go ahead with standard and approved medical abbreviations. The list is arranged in alphabetical order in each exercise.

*Part A: Abbreviation*

*Part B: Expansion of the abbreviation*

Each exercise is autonomous and contains Part A and Part B.

**Exercise I**  
**Abbreviation with 'two letters'**

**Part A**

1. AA
2. CT scan
3. DD
4. DM
5. GP
6. IC
7. LD bodies
8. LH
9. MS
10. PM
11. RA
12. RF
13. RV
14. VC
15. VM
16. WP
17. WR

**Part B**

1. Alcoholics Anonymous, an informal fellowship of former alcoholics
2. computed tomography scan
3. differential diagnosis
4. diabetes mellitus
5. general practitioner
6. inspiratory capacity
7. Leishman-Donovan bodies
8. luteinizing hormone
9. multiple sclerosis
10. pyogenic meningitis
11. rheumatoid arthritis
12. rheumatoid factor
13. residual volume
14. vital capacity
15. viral meningitis
16. whispering pectoriloquy
17. Wasserman reaction

**Exercise 2**  
**Abbreviation with 'three letters'**

**Part A**

- 1.ADH
- 2.AMI
- 3.ARD
- 4.ARV
- 5.BAL
- 6.BSP
- 7.CAD
- 8.CAT
- 9.CML
- 10.CMV
- 11.DIC
- 12.DNA
- 13.DSA
- 14.ECG
- 15.EEG
16. FRC
- 17.FSH
- 18.HIV
- 19.HLA typing
- 20.IgA
- 21.IgE
- 22.IgG
23. IgM
- 24.IHA
- 25.IHD
- 26.IMA

**Part B**

1. antidiuretic hormone
2. acute myocardial infarction
3. acute respiratory disease,  
caused by adenovirus
4. anti-rabic vaccine
5. British antilewisite, dimercaprol
6. bromsulphalein
7. coronary artery disease
8. computerised axial tomography
9. chronic myelogenous leukemia
- 10.cytomegalovirus
- 11.disseminated intravascular  
coagulation
- 12.deoxyribonucleic acid
- 13.digital subtraction angiography
- 14.electrocardiogram
- 15.electroencephalogram
- 16.functional residual capacity
- 17.follicle-stimulating hormone
- 18.human immunodeficiency virus
- 19.human leucocyte antigen
- 20.immunoglobulin A
- 21.immunoglobulin E
- 22.immunoglobulin G
23. immunoglobulin M
- 24.indirect haemagglutination
- 25.ischaemic heart disease
26. Indian Medical Association

---

27. IUD	27. intrauterine device
28. IVP	28. intravenous pyelogram; intravenous urogram (IVU) is a better term
29. LDH	29. lactate dehydrogenase
30. LGI	30. lymphogranuloma inguinale
31. LGV	31. lymphogranuloma venereum
32. LSD	32. d-lysergic acid diethylamide
33. MCH	33. maternity and child health
34. MMR	34. i) maternal mortality rate ii) mass miniature radiography
35. MRI	35. magnetic resonance imaging
36. MTP	36. medical termination of pregnancy
37. NAD	37. nil abnormal detected
38. NGU	38. non-gonococcal urethritis
39. NIN	39. National Institute of Nutrition
40. PPH	40. postpartum haemorrhage
41. PSS	41. progressive systemic sclerosis
42. REM	42. rapid eye movement
43. RIA	43. radio immunoassay
44. RNA	44. ribonucleoprotein antibodies
45. SLE	45. systemic lupus erythematosus
46. STD	46. sexually transmitted diseases
47. TBM	47. tuberculous meningitis
48. TLC	48. total lung capacity
49. TNM classification	49. tumour, node, metastases
50. WHO	50. World Health Organisation

**Exercise 3**  
**Abbreviation with 'four letters'**

**Part A**

1. ABCD
2. ABPA
3. ACTH
4. AIDS
5. APUD cells
6. ARDS
7. CIEP
8. COPD
9. DIVC
10. ERCP
11. FNAC
12. HPOA

**Part B**

1. air based contact dermatitis
2. allergic bronchopulmonary aspergillosis
3. adrenocorticotrophic hormone secreted by anterior pituitary
4. acquired immuno deficiency syndrome
5. amino precursor uptake and decarboxylation cells. This hypothesis explains production of hormones by certain tumours e.g. oat cell carcinoma of lung, carcinoid tumours, thymomas and others
6. adult respiratory distress syndrome
7. counter current immuno-electrophoresis
8. chronic obstructive pulmonary disease
9. disseminated intravascular coagulation
10. endoscopic retrograde cholangiopancreatography
11. fine needle aspiration cytology
12. hypertrophic pulmonary osteoarthropathy

13. HRCT	13. high resolution CT scanning
14. ICMR	14. Indian Council of Medical Research
15. IDDM	15. insulin dependent diabetes mellitus
16. mRNA	16. messenger ribonucleic acid
17. PEFR	17. peak expiratory flow rate
18. POMR	18. problem oriented medical record
19. PUFA	19. polyunsaturated fatty acid
20. PUVA	20. treatment: psoralen (P) is administered by mouth 2 hours before total body irradiation with ultra-violet light (UV-A)
21. r DNA	21. recombinant DNA
22. REMS	22. rapid eye movement sleep
23. SGOT	23. serum glutamic oxaloacetic transaminase
24. SGPT	24. serum glutamic pyruvic transaminase
25. SRS-A	25. slow reacting substance of anaphylaxis
26. VDRL	26. venereal disease research laboratory
27. WDHA	27. watery diarrhoea, hypokalemia, achlorhydria in Pancreatic cholera

### Exercise 4

#### Abbreviation with 'five letters'

**Part A**

1. CREST syndrome

2. ELISA

3. HELLP syndrome

4. NIDDM

5. NREMS

6. NSAID

7. SIADH

8. TORCH

**Part B**

1. calcinosis, Raynaud's phenomenon, oesophageal hypomotility, sclerodactyly and telangiectasia

2. enzyme-linked immunoabsorbent assay

3. haemolysis, elevated liver enzymes, low platelets. It is an ominous and potentially fatal complication associated with DIC (disseminated intravascular coagulation)

4. non-insulin dependent diabetes mellitus

5. non-rapid eye movement sleep

6. non steroid anti inflammatory drug

7. syndrome of inappropriate secretion of antidiuretic hormone

8. toxoplasmosis, other (syphilis, listeriosis), rubella, cytomegalovirus, herpes

**Exercise 5**

Essential amino acids found in the name of a person, once Member of Parliament, England.

**Part A**

A.V. HILL, M.P., T.T.

**Part B**

- A arginine
- V valine
- H histidine.
- I isoleucine
- L leucine
- L lysine
- M methionine
- P phenylalanine
- T tryptophan
- T threonine

## SECTION 7

### Legendary Names in Medicine

Remembrance of names denotes an act of expressing gratefulness to them for their contributions to science. One's name is dearest to oneself. By recording and uttering the name we convey our regards to the departed soul and pray 'May his/her soul rest in peace'.

Choose one word from one column and join it with one word from the other column to arrive at the name.

*Part A*

*Quiz Exercises*

*Part B*

*Quiz Answers*

#### Part A

#### Quiz 1

Alexander

Ronald

Koch

Lister

Lord

Fleming

Ross

Robert

#### Quiz 2

Pasteur

Curie

Madame

Nightingale

Roentgen

Louis

Florence

Wilhelm Conrad

#### Quiz 3

Carl

Ehrlich

Hutchinson

William

Paul

Zeiss

Osler

John

#### Quiz 4

Domagk

Hutchinson

Vesalius

Hunter

Jonathan

Andrew

John

Gerhard

**Quiz 5**

Selman A. Sigmund  
 William Edward  
 Freud Waksman  
 Jenner Beaumont

**Quiz 6**

Cushing Subba Rao  
 Yellapragada Jackson  
 Jackson Harvey  
 Hughlings Chevalier

**Quiz 7**

Salk Sabin  
 George Dorothy  
 Albert B. Huntington  
 Russel Jonas

**Part B****Quiz 1**

Alexander Fleming  
 Ronald Ross  
 Robert Koch  
 Lord Lister

**Quiz 2**

Louis Pasteur  
 Florence Nightingale  
 Madame Curie  
 Wilhelm Conrad Roentgen

**Quiz 3**

Carl Zeiss  
 William Osler  
 Paul Ehrlich  
 John Hutchinson

**Quiz 4**

John Hunter  
 Jonathan Hutchinson  
 Andrew Vesalius  
 Gerhard Domagk

**Quiz 5**

Selman A. Waksman  
 William Beaumont  
 Edward Jenner  
 Sigmund Freud

**Quiz 6**

Yellapragada Subba Rao  
 Harvey Cushing  
 Hughlings Jackson  
 Chevalier Jackson

**Quiz 7**

Jonas Salk  
 Albert B. Sabin  
 Dorothy Russel  
 George Huntington

## SECTION 8

### Eponyms in Medicine I

---

Eponym is defined as a person whose name has been identified with some theory, test, discovery etc.

Some contributory acts to the cause of medicine had been heroic. John Hunter inoculated himself with pus from the patient, contracted syphilis and proved its venereal nature - *a sacrifice of his health and life!* Edward Jenner inoculated his own son with vaccine to prove its harmlessness.

Regard to elders is a noble quality. We express our gratitude to them while reading such eponymous anecdotes. Medical science would not have become so rich but for their contributions. Hence recalling their names and saluting Goddess of Knowledge gives immense satisfaction.

The eonyms are arranged in alphabetical order and in serial number in Part A. Answers and short description are given in Part B.

The words are arranged in alphabetical order.

#### Part A

1. Abram's punch
2. Addison's disease
3. Alzheimer's disease

#### Part B

1. instrument for pleural biopsy

2. primary adrenocortical deficiency

3. diffuse cerebral atrophy; senile dementia

4. Aschoff body	4. submiliary granuloma in myocardium pathognomonic of rheumatic process
5. Babinski sign	5. extensor plantar reflex
6. Biot's breathing	6. irregular respiration
7. Broca's area	7. speech centre in inferior frontal convolution
8. Buerger's disease	8. thromboangiitis obliterans
9. Caesarean section	9. operation to deliver a baby
10. Casoni's test	10. immunological test for hydatid disease
11. Chaga's disease	11. American trypanosomiasis
12. Charcot's joints	12. trophic joint degeneration in syphilis
13. Colles' fracture	13. fracture of the lower end of the radius
14. Crohn's disease	14. mass in right iliac fossa
15. Curschmann's spirals	15. spiral casts of the smaller bronchi in sputum
16. Cushing's disease	16. the consequence of oversecretion of ACTH
17. Eaton's agent	17. group of organisms known as mycoplasmata
18. Eustachian catarrh/ block	18. complication of coryza
19. Ewing's tumour	19. involvement of a rib

20. Friedreich's ataxia      20. hereditary cerebellar ataxia with onset in childhood

21. Giemsa stain      21. used for staining organism with a capsule e.g. pneumocystis carinii

22. Glanzmann's disease      22. thrombasthenia

23. Gram's stain      23. stain to distinguish whether an organism is Gram positive or Gram negative

24. Grave's disease      24. (also known as Parry's or Basedow's disease)  
hyperthyroidism,  
ophthalmopathy

25. Hamman's sign      25. distant heart sounds, coarse rales in mediastinal emphysema

26. Harrison's sulcus/  
groove      26. indentation of the lower ribs at the site of attachment of diaphragm, a finding in rickets

27. Hashimoto's thyroiditis      27. thyroid enlargement

28. Haversian canals      28. blood vessels in these supply nourishment to bone cells.

29. Heimlich manoeuvre      29. first aid treatment of life-threatening inhaled foreign body (e.g. 'cafe-coronary')

30. Henle's loop  
(loop of Henle)      30. in the structure of nephron

31. Hippocratic oath      31. well known

32. Hirschsprung's disease	32. radiological sign of spastic colon
33. Huntington's chorea	33. chronic progressive hereditary chorea characterised by progressive dementia with bizarre involuntary movements
34. Kawasaki's disease	34. mucocutaneous and lymph node involvement
35. Koch's postulates	35. well known in tuberculosis
36. Korsakoff's psychosis	36. amnesic confabulatory psychosis
37. Kveim test	37. skin test in sarcoidosis
38. Langerhans' cells	38. Alpha cells of islets of Langerhans
39. Langhans' giant cells	39. seen in granulomatous inflammations - tuberculosis, syphilis
40. Legionnaire's disease	40. outbreak of pneumonia caused by Legionella pneumophilia in Philadelphia in 1976
41. Little's area	41. the congested region in nostril responsible for epistaxis
42. Ludwig's angina	42. purulent inflammation of the floor of the mouth leading to bull neck
43. Mantoux test	43. intradermal tuberculin test

44. Menghini needle      44. for pleural biopsy

45. Mortimer's malady      45. the first patient with skin lesions in sarcoidosis described by Jonathan Hutchinson

46. Paget's disease      46. a) of bone - osteitis deformans - changing hats frequently because of the increasing skull size  
b) of nipple

47. Pancoast tumour      47. thoracic inlet tumour

48. Pick's disease      48. circumscribed cerebral atrophy

49. Pott's disease      49. tuberculosis of the vertebrae

50. Prophit survey      50. in tuberculosis

51. Raynaud's phenomenon      51. peripheral vasospastic disorder leading to ulceration or gangrene of fingertips

52. Reid index      52. ratio-thickness of mucous secreting gland layer to that of the thickness of bronchial wall

53. Saint Vitus dance (Sydenham's chorea)      53. rheumatic disorder of central nervous system

54. Schaumann bodies      54. in histological structure of sarcoid

55. Schwann cells      55. nerve cells

56. Shaver's disease	56. occupational lung disease - Bauxite lung
57. Takayasu's disease	57. nonspecific arteritis with predilection for aortic arch producing hypertension in young females (also called re versed coarctation)
58. Tietze's disease	58. costochondritis; thoracochondralgia
59. Tine test	59. skin test in tuberculosis
60. Todd's paralysis	60. transient paralysis of 24 to 48 hours duration after an epileptic fit
61. Trucut needle	61. for lung biopsy
62. Venturi mask	62. high flow oxygen delivery mask
63. Wallerian degeneration	63. degeneration of nerve elements
64. Wasserman test	64. complement fixation test for syphilis
65. Wegener's granulomatosis	65. necrotising granuloma in respiratory tract, vasculitis, glomerulonephritis
66. Weil's disease	66. caused by leptospira icterohemorrhagiae
67. Wernicke's encephalopathy	67. cerebral beriberi

MEDICAL WORDS QUIZ

68. Whipple's disease	68. intestinal lipodystrophy
69. Wilms' tumour	69. malignant tumour of kidney ; affects children below five years
70. Wilson's disease	70. hepatolenticular degeneration- interference in the hepatic excretion of copper due to ceruloplasmin deficiency
71. Zenker's degeneration	71. necrosis and degeneration of striated muscle

## **SECTION 9**

### **Eponyms in Medicine II**

---

---

In this section the name of the scientist consists of two or more compound words. In some compound words the names of more than one scientist exist .Hence this analysis of the compound word requires scrutiny.

**Part A: Eronym(s) in serial number**

**Part B: Answer whether the name is that of one scientist, two or three scientists, followed by a short note. The words are arranged in alphabetical order.**

#### **Part A**

1. Ambroise Pare'
2. Argyll Robertson pupil
3. Arnold-Chiari malformation
4. Austin Flint murmur
5. Bacillus Calmette Guerin
6. Banting and Best
7. Bence Jones protein
8. Charcot-Leyden crystals
9. Charcot-Marie-Tooth disease
10. Cheyne- Stokes breathing
11. Edinger-Westphal nucleus

12. Epstein-Barr virus
13. Frank-Starling principle
14. Graham Steell murmur
15. Hamman -Rich disease
16. Hand-Schuller-Christian disease
17. Henoch-Schonlein purpura
18. Hering-Breuer reflex
19. His-Purkinje system
20. Jarisch-Herxheimer reaction
21. Kayser-Fleischer ring
22. Klumpke-Dejerine paralysis
23. Lowenstein-Jensen medium
24. Marie-Strumpell arthritis
25. Niemann-Pick disease
26. Parrot-Kuss-Ghon focus
27. Pel-Ebstein fever
28. Pierre Marie ataxia
29. Reed-Sternberg cell
30. Rene Theodore Laennec
31. Robert Koch
32. Stokes-Adams-Morgagni attacks
33. Tay-Sachs disease
34. van den Bergh reaction
35. van Slyke apparatus
36. von Recklinghausen's disease
37. von Willebrand disease
38. Werdnig-Hoffmann disease
39. William Osler
40. Ziehl-Neelsen stain

**Part B**

1. One scientist - a French thoracic surgeon.
2. One scientist - small irregular pupil which reacts to accommodation but not to light. Abbreviate the words as follows: ARP - read them from left to right and *vice versa* - accommodation reflex present, pupillary reflex absent.

It is encountered in lesions of oculomotor nerve, superior colliculi or periaqueductal region, tectum of midbrain and tabes dorsalis.
3. Two scientists- In infants and children, medulla and posterior portion of cerebellum herniate into foramen Magnum producing hydrocephalus.

In adults, it is associated with platybasia, basilar impression, deformities of upper cervical spine and syringomyelia.
4. One scientist- mid diastolic or presystolic murmur in severe chronic aortic regurgitation.
5. Two scientists- vaccination against tuberculosis.
6. Two scientists- discovered insulin.
7. One scientist- proteinuria in plasma cell neoplasms, multiple myeloma, macroglobulinemia or heavy chain disease, amyloidosis.
8. Two scientists- fragmented eosinophils in secretions in bronchial asthma.
9. Three scientists- peroneal muscular atrophy.
10. Two scientists- a type of periodic breathing characterized by alternating periods of apnea and hyperpnea. It occurs

in congestive heart failure, brain damage and chronic hypoxia.

11. Two scientists- nucleus of oculomotor nerve in midbrain; the nerve cells innervate iris and ciliary body.
12. Two scientists- infection characterised by fever, pharyngitis and lymphadenopathy.
13. Two scientists- elevated ventricular end-diastolic volume tends to augment ventricular performance.
14. One scientist- diastolic blowing murmur of pulmonary regurgitation.
15. Two scientists- acute rapidly progressive diffuse interstitial pneumonitis with pulmonary fibrosis.
16. Three scientists- proliferation of, and infiltration by histiocytes into various tissues.
17. Two scientists- non thrombocytopenic purpura, arthralgia, abdominal pain and glomerulonephritis leading to nephrotic syndrome.
18. Two scientists- this reflex inhibits inspiration.
19. Two scientists- normal excitatory route of the impulse in ventricular myocardium.
20. Two scientists- hypersensitive reaction occurring about two hours after injection (penicillin) characterized by fever, myalgia, chills, leucocytosis.
21. Two scientists - green/golden deposits of copper in Descemet's membrane of cornea in Wilson's disease.
22. Two scientists, *wife and husband* - also termed Dejerine-Klumpke paralysis, Klumpke's paralysis . The lower arm

type of brachial paralysis; atrophic paralysis of the muscles of the arm and hand from lesions of C8 and D1 nerves. It often occurs in infants delivered by breech extraction.

23. Two scientists- culture medium for mycobacterium tuberculosis.
24. Two scientists- ankylosing spondylitis (bamboo spine); rheumatoid factor absent.
25. Two scientists- lysosomal storage disease- lipidosis caused by deficiency of sphingomyelinase.
26. Three scientists- healed primary complex in tuberculosis.
27. Two scientists - fever in Hodgkin's disease.
28. One scientist (*he, not a she*)- hereditary cerebellar ataxia with onset in early adulthood.
29. Two scientists- her full name is Dorothy Reed. The full name of the other scientist is George M. Sternberg - the characteristic malignant cell of Hodgkin's disease.
30. One scientist- he, who was himself a consumptive, invented the stethoscope in the year 1819.
31. One scientist- epoch making discovery of mycobacterium tuberculosis in March 1882.
32. Three scientists- syncopal attacks in Mobitz type II heart block.
33. Two scientists- amaurotic family idiocy.
34. One scientist- familiar test in liver disease and icterus.
35. One scientist - manometric method of blood gas analysis.

MEDICAL WORDS QUIZ

36. One scientist- multiple neurofibromatosis.
37. One scientist- Factor VIII is reduced or absent in plasma.  
It is a hereditary haemorrhagic disorder.
38. Two scientists- infantile muscular atrophy.
39. One scientist- Sir William Osler emphasised "soap and water are the best antiseptics", " wash hands after examining every patient".
40. Two scientists- for staining mycobacteriae.

## SECTION 10

### Scientists and Syndromes in Medicine

---

---

We owe a deep sense of gratitude to those medical scientists who described the various facets of a disease in lucid terms.

The dictionary meaning of a syndrome is a set of symptoms characterizing a disease.

It is quite interesting and rewarding to ask the patient about the symptoms of his trouble. If one is attentive, the patient gives clues about the diagnosis of the disorder in the narration of the evolution of events i.e. the symptomatology and history of the illness.

Respects to elders is a genuine *thanks' giving* for their contribution to medical science.

In this section some syndromes are mentioned. The number of scientists is given in the answer. It is a good exercise to analyse the proper noun combination in a syndrome. The words are arranged in alphabetical order.

Part A : Name of the syndrome in serial order.

Part B : Answer whether the name is that of one scientist, two, three or more scientists, followed by a short note on the syndrome.

**Part A**

1. Banti's syndrome
2. Behcet's syndrome
3. Bernhardt's syndrome
4. Brown - Sequard syndrome
5. Budd - Chiari syndrome
6. Caplan's syndrome
7. Carpal tunnel syndrome
8. Crigler - Najjar syndrome
9. Cushing's syndrome
10. Down's syndrome
11. Ehlers - Danlos syndrome
12. Gilbert's syndrome
13. Goodpasture's syndrome
14. Horner's syndrome
15. Immotile cilia syndrome
16. Kartagener's syndrome
17. Kelly - Patterson (Plummer - Vinson) syndrome
18. Kimmelstiel - Wilson syndrome
19. Klinefelter syndrome
20. Landry - Guillain - Barre syndrome
21. Laurence - Moon - Biedl syndrome
22. Loffler's syndrome
23. Lown - Ganong - Levine syndrome
24. Mallory - Weiss syndrome
25. Marfan syndrome
26. Meig's syndrome

27. Millard - Gubler syndrome
28. Nail - patella syndrome
29. Osler - Rendu - Weber syndrome
30. Pickwickian syndrome
31. Puetz - Jeghers syndrome
32. Sjogren's syndrome
33. Stein - Leventhal syndrome
34. Stevens - Johnson syndrome
35. Sturge - Weber syndrome
36. Subclavian steal syndrome
37. Swyer - James - Macleod's syndrome
38. Wallenberg's syndrome
39. Waterhouse - Friderichsen syndrome
40. Weingarten syndrome
41. Williams - Campbell syndrome
42. Wolff - Parkinson - White syndrome
43. Yellow nail syndrome
44. Young's syndrome
45. Zollinger - Ellison syndrome

### Part B

1. One scientist - splenomegaly, pancytopenia, portal hypertension and gastro-intestinal bleeding.
2. One scientist - relapsing iridocyclitis with recurrent oral and genital ulceration.
3. One scientist - neuritis of lateral cutaneous nerve of the thigh.
4. One scientist - due to hemisection of spinal cord; homolateral paralysis with loss of vibration & position

sense on the same side and a contralateral loss of pain & temperature.

5. Two scientists - thrombosis or occlusion of hepatic veins- causes: polycythemia rubra vera, hypernephroma invading inferior vena cava.
6. One scientist - coal workers pneumoconiosis with rheumatoid arthritis.
7. Entrapment neuropathy due to pressure on the median nerve at wrist as it passes over the bones and underneath the carpal ligament.
8. Two scientists - Type I & II - lack of glucuronyl transferase.
9. One scientist - due to increased production of cortisol by adrenal gland characterised by truncal obesity, hypertension, hirsutism, abdominal striae, glucosuria etc.
10. One scientist - mongolism, ~~mental~~ deficiency and other stigmata.
11. Two scientists - disorder of connective tissue, easy-bruising, loose-jointedness, human pretzel, 'India - rubber man - 6 types.
12. One scientist - mild unconjugated hyperbilirubinemia.
13. One scientist - pulmonary haemorrhage and glomerular nephritis.
14. One scientist - miosis, ptosis, enophthalmos, reduced sweating, absence of ciliospinal reflex produced by paralysis of the cervical sympathetic chain - seen in thoracic inlet tumours and mediastinal growths.
15. Association of immotile sperms with Kartagener's syndrome.

16. One scientist - bronchiectasis, dextrocardia, sinusitis or absent frontal sinuses.
17. Four scientists - sideropenic dysphagia - dysphagia (more in women) with hypochromic anemia.
18. Two scientists - intercapillary glomerulosclerosis. Presence of oedema, hypertension, proteinuria and renal failure in a diabetic patient.
19. One scientist - small testes, azoospermia, gynecomastia and elevated gonadotropin.
20. Three scientists - acute idiopathic polyneuritis - acute ascending motor paralysis with variable disturbance of sensory function.
21. Three scientists - dwarfism, hypogenitalism, mental deficiency, retinitis pigmentosa associated with obesity, polydactyly; deafness added by Burn. Some authorities include the name of Bardot.
22. One scientist - simple pulmonary eosinophilia.
23. Three scientists - LGL is a palindromic abbreviation; anomalous atrioventricular excitation and conduction pathway; no delta wave in QRS complex in ECG.
24. Two scientists - acute upper gastro-intestinal tract haemorrhage.
25. One scientist - disorder of connective tissue - dislocated lens, arachnodactyly, pectus excavatum etc.
26. One scientist - ovarian tumour giving rise to ascites and hydrothorax.
27. Two scientists - crossed paralysis - unilateral abducens or facial palsy with a contralateral weakness or paralysis of arm and leg.

28. One scientist, Sharrard described this rare condition

Dystrophies :-

- \* webbing of elbow
- absence of patella
- pelvis : bilateral iliac horns

Nail dystrophies plus any two of the above three dystrophies have to be present to label a case as this syndrome.

29. Three scientists - arteriovenous fistulas (lung, liver, mucous membranes), multiple telangiectasia.

30. One scientist - hypoventilation associated with extreme obesity, somnolence and excessive appetite.

31. Two scientists - heritable gastro-intestinal polyp syndrome - polyps in small and large intestine.

32. One scientist - keratoconjunctivitis sicca, xerostomia and rheumatoid arthritis.

33. Two scientists - hypersecretion of androgens, ovaries become polycystic - sterility, hirsutism and virility.

34. Two scientists - otherwise called Erythema multiforme: desquamation, ulceration and necrosis of skin and mucous membrane- occurs with use of sulphonamides, barbiturates, phenylbutazone, chlorpropamide, thiazides, phenytoin, salicylates, tetracycline, penicillin; killing complication of thiacetazone.

35. Two scientists - encephalo-trigeminal syndrome - capillary / cavernous haemangiomas in the area of distribution of V nerve, involvement of parietal, occipital and frontal lobes.

36. One scientist by name Fisher - *a trickish nomenclature* - steal = theft. If the subclavian artery is blocked proximal to the origin of vertebral artery, exercise of the arm on

that side steals blood from the vertebral - basilar system into the arm, thus resulting in symptoms of basilar insufficiency.

37. Three scientists - Chest X-ray shows unilateral hypertranslucency (transradiancy)
38. One scientist - due to occlusion / thrombosis of vertebral or posterior inferior cerebellar artery.
39. Two scientists - fulminant meningococcemia - extreme prostration, collapse, shock associated with petechiae, purpura and hemorrhage into skin. It occurs sometimes in fulminant pneumococcal bacteraemia.
40. One scientist - the name 'tropical eosinophilia' was given by Weingarten to a condition characterised by severe spasmodic bronchitis, leucocytosis, a very high eosinophil count and dramatic response to treatment with organic arsenicals.
41. Two scientists - congenital absence of bronchial cartilage.
42. Three scientists - WPW is a palindromic abbreviation; anomalous atrioventricular excitation with anomalous conduction pathway; presence of delta wave in QRS complex in ECG.
43. One rare cause of pleural effusion; the combination of lymphoedema with yellow discolouration of nails.
44. One scientist - congenital bronchiectasis - a variant of immotile cilia syndrome. In this condition the ciliary function is defective without overt morphological abnormality.
45. Two scientists - gastrinoma of non  $\beta$  islet cells in pancreas, ulcer disease of upper gastro - intestinal tract; may sometimes simulate carcinoid.

## SECTION 11

### Historical Review of Tuberculosis in some of its Aspects

---

---

Tuberculosis, the white plague in the Nineteenth Century, the Captain of all the Men of Death, hectic of all human afflictions, characterised by its ubiquitous presence not only in all parts of the globe but in all tissues of the human body poses a challenge to masters of modern Medicine with an imposing array of baffling unsolved problems.

The tubercle bacillus has lived in symbiosis with man throughout the world, over a period dating back to 5000 B.C. as recorded in Egyptian mummies. The description of diseases of elephants given in old Hindu literature indicates that tuberculosis was very frequent among the animals in India 2000 B.C. and earlier. Tuberculosis was described under the title '*Rajayakshma*' about 1500 B.C. in Rigveda (Book 10, hymn 161) ; records occur in the laws of Manu in India 1300 B.C. That tuberculosis did exist in Egypt has been authentically proved by Smith and Ruffer who described tubercular lesions of vertebrae, the typical Pott's disease in the body of a mummy (about 1000 B.C.).

In the writings of Hippocrates 'The Father of Medicine' (462-377 B.C.) several references to this disease occur. Galen (129-200 A.D.) gives a detailed description of the different forms of the disease, alludes to the evidence of its infective nature and even suggests that the disease should be treated by milk diet and climatic therapy of sea voyage and high altitude. 'Royal touch' as a cure for 'King's evil' under which scrofula came to be known was practised by English Kings (1500-1700). In England in 1684 there was an instance of trampling to death of a large number of persons in attempting to reach the hand of the king, in a fond hope of cure, of course. According to Boswell, Samuel Johnson was one of the scrofulous to be touched by Queen Anne in 1712; unfortunately he was not cured.

Between the 3rd and 17th centuries there was little progress in the development of knowledge in tuberculosis.

With the significant epoch making discovery of the tubercle bacillus in 1882 by Robert Koch, a land mark in the 'era of bacteriology' was established.

The epochal discovery of streptomycin in 1944 by Waksman, PAS in 1946 by Lehmann and the fortuitous discovery of the anti-tubercular effects of isonicotinic acid hydrazide in 1951, have marked the beginning of the true 'chemotherapeutic era' in the fight against tuberculosis. Rifampicin, pyrazinamide and ethambutol are added in regimens in short term chemotherapy; attempts are being made to add newer drugs in the therapeutic armamentarium.

The same fire which wastes the body in consumption also makes the mind shine with a brighter light. Greeks characterised this drive in a consumptive as 'spes phthisica'.

The slight toxemia stimulates the higher centres instead of depressing, enabling poets to compose more vividly, musicians sing more sweetly, statesmen to devote themselves more heroically to the good of their country. That this sweetness in the human life has put the classical halo around the head of the individual who in the language of the past, was described as having the phthisical diathesis, is borne by the testimony of the above anecdotes.

There were instances of poets, scientists, artists and such talented men with taste for fine arts having fallen into the clutches of this scourge, the white plague. Famous poets Goldsmith, Keats, Shelley and R.L. Stevenson underwent the ordeal of the disease. Precious lives of Smt. Kamala Nehru, Ramanujam, the famous mathematician were lost in the battle against this disease.

Rene Theodore Laennec, the discoverer of the stethoscope was a consumptive himself.

The latest addition to the above list is the famous South African political leader, Nelson Mandela who won the battle against the disease.

## SECTION 12

# Two Diseases of Chronic Infective Granuloma

---

### A short note on tuberculosis

#### Whither tuberculosis?

<i>On a global scale</i>	<i>India</i>
3 million die annually	5 lakhs deaths a year
25 million suffer from it	'a death a minute' 8 million suffer from it

The old concept 'once tubercular is always tubercular' is no longer tenable. Tuberculosis is completely curable if detected early. The patient returns to his family and work even while under treatment. Rehabilitation of respiratory cripples consequent on massive destruction and fibrosis of lung parenchyma is a penalty one has to pay for negligence.

Seed and soil factors influence the outcome of the disease. Lowering of general body resistance occurs in the following circumstances:

1. State of malnutrition.
2. Insanitary, unhealthy ways of living.
3. Continued, and debilitating prolonged sickness of any system in the body.

4. Aftermath of infectious diseases e.g. measles, whooping cough in children; diabetes mellitus, repeated attacks of influenza, states of immunosuppression in adults and elders; HIV infection /AIDS disease.
5. Smoking of tobacco, hooch addiction.
6. Frequent exposure to open cases of pulmonary tuberculosis.
7. Repeated child birth with too little spacing in between.
8. Excessive strain beyond one's capacity and tolerance.

During the prodromal stages of the disease, the following deviations from normalcy are noticed:

- i) malaise, unexplained weakness after a day's work.
- ii) loss of/lack in appetite.
- iii) evening rise in body temperature.
- iv) unexplained/unaccountable tachycardia.
- v) progressive loss of endurance, strength, leading to lowering of body weight.
- vi) wasting of muscles, unexplained anemia, digestive disturbances.

As the disease progresses, consumption ensues; enfeeblement is the result. If the tempo of the disease process is rapid, it is termed 'galloping phthisis' on the analogy to a horse galloping to its doom.

Tuberculosis can strike any one, any part of the body, at any age and at any time.

The local symptoms depend upon the site of affection, extent and duration of the disease process.

### Warning signals of pulmonary tuberculosis

1. cough that continues,
2. blood-streaked sputum.
3. rise in body temperature (evening), malaise.
4. night sweats.
5. pain in the chest.
6. tiredness, becoming progressive.
7. exhaustion, losing weight.

The above are the seven suspicious signals warranting thorough examination.

**Tuberculosis is a**

**Treacherous disease**

**Ubiquitous in nature**

**Burdening the bread winner**

**Erasing his finances and**

**Remnants in life**

**Cruel is its**

**Unpredictable evolution/course**

**Lurking in the body**

**Overwhelming its defences**

**Sure you can conquer**

**If you make no truce and**

**Send the germ away.**

### A survey of syphilis

Syphilis is one chronic infective granuloma caused by *Treponema pallidum*. As legend goes, John Hunter had inoculated himself in 1767 with pus from a patient suffering from gonorrhea and syphilis, as a result of which he suffered from syphilis. Such is a contribution of a highest order to the Science of medicine. - *a sacrifice of his health and life!*

Till half a century ago before the discovery of penicillin, the wonder drug, the treatment of syphilis was for years with heavy metals viz, arsenic, bismuth and mercury in injectable form; the aphorism was '*A moment with Venus, lifetime with Mercury*'. In those days it was called a venereal disease. In essence, it was described in three stages - primary stage of chancre, secondary stage of bacteremia and tertiary (third) stage of gumma. These three stages correspond to the three stages in the evolution of tuberculosis- primary infection, second stage of haematogenous dissemination by bacillemia and third stage of isolated organ tuberculosis.

#### **Clinical manifestations**

##### **Primary syphilis**

chancre

##### **Secondary syphilis**

skin papules, pustules, mucocutaneous patches over lips, palate, vulva, vagina, glans penis, prepuce.

fever, generalised lymphadenopathy, specially epitrochlear lymph nodes,

meningismus, meningitis

hepatitis, arthritis, iridocyclitis

### **Late syphilis**

Neurosyphilis; tabes dorsalis, general paresis of the insane (GPI), optic atrophy

Cardiovascular syphilis: aortitis, aneurysm of arch of aorta or dissection anywhere (dissecting aneurysm).

### **Gumma**

Virtually any organ may be involved with gumma.

Cases of congenital syphilis are on record. Frontal bossy head, saddle-nose, Hutchinson's teeth, rhagades at angle of mouth, sabre shins (tibiae) are characteristic stigmata. Hepatosplenomegaly, icterus, lymphadenopathy, anemia could occur.

### **Syphilis is**

Sexually transmitted from

Your

Partner

Harbouring

Infection

Lues

In

Spirochete.

## SECTION 13

### Matching of Words

Join one word/set of words from one column with one word/set of words from the other column to obtain a compound word, symptom, sign, investigation or a disease.

The quiz is given on the left hand page. The answer is given on the opposite i.e. right hand page.

As an example, read the following :-

Quiz	Answer
calcaneal	catarrh
block	sebaceous
externa	nose
cyst	otitis
Eustachian	spur

#### Quiz Exercises

##### Quiz-1

Friedlander  
lung  
pneumoniae  
thrush  
pulmonary  
allergic

aspergillosis  
candidiasis  
monilial  
aspergilloma  
pneumonia  
Klebsiella

##### Quiz-2

bleeding  
scorbutic  
scurvy  
icterus/shock  
haemorrhages  
rosary

##### Quiz-3

retinol-binding  
skin  
spots  
blindness

night  
Bitot's  
protein  
toad

##### Quiz-4

duct  
hair  
brow  
polyp  
otitis

nasal  
eye  
media  
lachrymal  
follicle

## Answers

### Quiz-1

Friedlander pneumonia  
Klebsiella pneumoniae  
monilial thrush  
aspergilloma lung  
allergic aspergillosis  
pulmonary candidiasis

### Quiz-2

bleeding gums  
scurvy, ecchymoses  
splinter haemorrhages  
scorbutic rosary  
terminal icterus/shock

### Quiz-3

retinol - binding protein  
toad skin  
Bitot's spots  
night blindness

### Quiz-4

lachrymal duct  
otitis media  
nasal polyp  
hair follicle  
eye brow

**Quiz-5**

fascia  
toe  
dorsalis  
dorsum of  
dorsalis

foot  
pedis  
plantar  
great  
tabes

**Quiz-7**

fever  
pulsus  
allergen  
calculus  
goblet

staghorn  
cell  
hay  
paradoxus  
food

**Quiz-9**

neck  
gang  
malign  
tantrums  
postural

temper  
ant  
syncope  
lion  
bull

**Quiz-11**

lobe  
lash  
spine  
sicca  
wisdom

tooth  
caries  
ear  
bamboo  
eye

**Quiz-13**

atopic  
rhinitis  
allergy  
cell  
worm

fish  
infestation  
mast  
diathesis  
allergic

**Quiz-6**

emphysema  
diurnal  
enzyme  
volume  
genetic

closing  
lysosomal  
factor  
mediastinal  
rhythm

**Quiz-8**

myocardium  
oedema  
rattle  
myocardial  
collapse

death  
infarct  
shock and  
pulmonary  
ischaemic

**Quiz-10**

body  
graphy  
athero  
plethysmograph  
cardiogram

sclerosis  
electro  
vertebral  
angio  
body

**Quiz-12**

nerve  
collar  
radial  
plexus  
blade

brachial  
shoulder  
bone  
ulnar  
artery

**Quiz-14**

immunity  
pulmonary  
asthmaticus  
claudication  
sickness

intermittent  
serum  
auto  
embolism  
status

**Quiz-5**

tabes dorsalis  
dorsalis pedis  
plantar fascia  
great toe  
dorsum of foot

**Quiz-7**

food allergen  
goblet cell  
hay fever  
pulsus paradoxus  
staghorn calculus

**Quiz-9**

temper tantrums  
bull neck  
ganglion  
malignant  
postural syncope

**Quiz-11**

ear lobe  
eye lash  
wisdom tooth  
caries sicca  
bamboo spine

**Quiz-13**

mast cell  
fish allergy  
allergic rhinitis  
atopic diathesis  
worm infestation

**Quiz-6**

closing volume  
diurnal rhythm  
genetic factor  
lysosomal enzyme  
mediastinal emphysema

**Quiz-8**

ischaemic myocardium  
myocardial infarct  
pulmonary oedema  
shock and collapse  
death rattle

**Quiz-10**

body plethysmograph  
vertebral body  
electrocardiogram  
atherosclerosis  
angiography

**Quiz-12**

ulnar nerve  
radial artery  
brachial plexus  
shoulder blade  
collar bone

**Quiz-14**

intermittent claudication  
pulmonary embolism  
status asthmaticus  
autoimmunity  
serum sickness

**Quiz-15**

arch  
ganglion  
swan neck  
rheumatoid  
finger

**Quiz-17**

hemo  
arthritis  
arthralgia  
diabetes

**Quiz-19**

inguinal  
hernia  
urethral  
arm  
fissure  
tear

**Quiz-21**

oedema  
cap  
gastric  
hernia  
rectus

**Quiz-23**

anatomical  
blue  
breathing  
pulmonale  
puffer

**Quiz-16**

deformity  
index  
arthritis  
palmar  
wrist

**Quiz-18**

pyrazinamide  
bronze  
chromatosis  
rheumatoid

**Quiz-20**

pit  
anal  
perineal  
inguinal  
meatus  
region

**Quiz-22**

mucosa  
hiatus  
sheath  
pedal  
duodenal

**Quiz-24**

bloater  
pink  
cor  
dead space  
pursed lip

thyroglossal  
pretibial  
isthmus of  
hypo  
storm

lung  
malarial  
contracted  
liver  
metastases

space  
gland  
rib  
chest  
axillary

hypo  
tumour  
pineal  
Pickwickian  
thalamus

analgesic  
blood  
hemolytic  
anemia  
aplastic

**Quiz-15**

palmar arch  
ganglion wrist  
index finger  
swan neck deformity  
rheumatoid arthritis

**Quiz-17**

hemochromatosis  
bronze diabetes  
pyrazinamide arthralgia  
rheumatoid arthritis

**Quiz-19**

armpit  
anal fissure  
urethral meatus  
inguinal hernia  
inguinal region  
perineal tear

**Quiz-21**

hiatus hernia  
pedal oedema  
rectus sheath  
gastric mucosa  
duodenal cap

**Quiz-23**

anatomical deadspace  
blue bloater  
pink puffer  
pursed lip breathing  
cor pulmonale

**Quiz-16**

isthmus of thyroid  
thyroglossal cyst  
hypothyroidism  
pretibial myxedema  
thyroid storm

**Quiz-18**

sequestered lung  
cirrhotic liver  
malarial spleen  
contracted kidney  
bone metastases

**Quiz-20**

chest wall  
rib cage  
mammary gland  
axillary fold  
Burn's space

**Quiz-22**

pineal body  
pituitary tumour  
hypothalamus  
hypothermia  
Pickwickian syndrome

**Quiz-24**

analgesic nephropathy  
aplastic anemia  
hemolytic anemia  
megaloblastic anemia  
blood dyscrasia

**Quiz-25**

rice-water  
cramps  
hypo  
cholerae  
enteritis

gastro  
Vibrio  
muscle  
stools  
tension

**Quiz-27**

health  
endogenous  
features  
writer's  
neurosis

cramps  
mental  
anxiety  
depression  
paranoid

**Quiz-29**

nerve  
optic  
examination  
optic  
stomach  
disk

disc  
fundus  
optic  
prolapse  
atrophy  
fundus of

**Quiz-31**

position  
scaphoid  
wrist  
abdomen  
abdominal

joint  
mass  
scaphoid  
knee-elbow  
bone

**Quiz-26**

israelii  
alae  
Ankylostoma  
apnoea  
neuroma

brasiliense  
sleep  
acoustic  
Actinomyces  
nasaee

**Quiz-28**

tertiary  
secondary  
syphilitic  
chancre  
Treponema

pallidum  
spirochete  
primary  
skin rash  
gumma

**Quiz-30**

pneumonitis  
Farmer's  
chest  
Monday  
disease

pigeon  
maple bark  
fever  
lung  
hypersensitivity

**Quiz-32**

medusae  
spider  
bleeding  
portal  
varices  
liver

cirrhosis  
oesophageal  
caput  
nevi  
piles  
hypertension

**Quiz-25**

rice-water stools  
gastroenteritis  
muscle cramps  
hypotension  
*Vibrio cholerae*

**Quiz-27**

writer's cramps  
anxiety neurosis  
paranoid features  
endogenous depression  
mental health

**Quiz-29**

optic disc  
disk prolapse  
optic nerve  
optic atrophy  
fundus examination  
fundus of stomach

**Quiz-31**

scaphoid abdomen  
scaphoid bone  
wrist joint  
abdominal mass  
knee-elbow position

**Quiz-26**

*Ankylostoma brasiliense*  
*Actinomyces israelii*  
alae nasae  
acoustic neuroma  
sleep apnoea

**Quiz-28**

*Treponema pallidum*  
syphilitic spirochete  
primary chancre  
secondary skin rash  
tertiary gumma

**Quiz-30**

Farmer's lung  
maple bark disease  
Monday fever  
hypersensitivity pneumonitis  
pigeon chest

**Quiz-32**

bleeding piles  
oesophageal varices  
caput medusae  
spider nevi  
portal hypertension  
cirrhosis liver

**Quiz-33**

skin  
bladder  
gall bladder  
honeycomb  
nutmeg

lung  
liver  
melanoma  
thimble  
strawberry

**Quiz-35**

Heberden's  
of skeleton  
senile  
sesamoid  
of gout

bones  
tophi  
nodes  
cataract  
fluorosis

**Quiz-37**

pyogenes  
Mycoplasma  
Streptococcus  
pneumophilia  
Haemophilus

pneumoniae  
Legionella  
pertussis  
Staphylococcus  
pneumoniae

**Quiz-39**

tonsillitis  
fever  
 fleeting/flitting  
chorea  
par  
nodules

joint pains  
subcutaneous  
carditis  
streptococcal  
rheumatic  
Sydenham's

**Quiz-34**

vermicularis  
americanus  
Trichuris  
Schistosoma  
Taenia

mansoni  
solium  
Enterobius  
Necator  
trichura

**Quiz-36**

transmitted  
homo  
oligo  
sexual  
venereal

spermia  
hetero  
sexually  
warts  
sexual

**Quiz-38**

iliac  
ileitis  
ileus  
ileocecal  
sacroiliac

paralytic  
valve  
crest  
joint  
acute

**Quiz-40**

pox  
sun  
chicken  
pox  
heat

cow  
cramps  
small  
stroke  
pox

**Quiz-33**

honeycomb lung  
nutmeg liver  
strawberry gall bladder  
thimble bladder  
melanoma skin

**Quiz-35**

Heberden's nodes  
sesamoid bones  
senile cataract  
tophi of gout  
fluorosis of skeleton

**Quiz-37**

Haemophilus pertussis  
Staphylococcus pyogenes  
Streptococcus pneumoniae  
Mycoplasma pneumoniae  
Legionella pneumophilia

**Quiz-39**

streptococcal tonsillitis  
fleeting/flitting joint pains  
subcutaneous nodules  
Sydenham's chorea  
pancarditis  
rheumatic fever

**Quiz-34**

Taenia solium  
Necator americanus  
Trichuris trichura  
Schistosoma mansoni  
Enterobius vermicularis

**Quiz-36**

oligospermia  
heterosexual  
homosexual  
venereal warts  
sexually transmitted

**Quiz-38**

paralytic ileus  
ileocecal valve  
iliac crest  
sacroiliac joint  
acute ileitis

**Quiz-40**

small pox  
chicken pox  
cow pox  
sun stroke  
heat cramps

**Quiz-41**

conjunctivitis  
fever  
nodosum  
ESR  
tuberculin  
complex

erythema  
primary  
phlyctenular  
of onset  
raised  
positive

**Quiz-42**

polyp  
intestine  
sigmoid  
hepatic  
megaly

flexure  
colon  
large  
hepato  
rectal

**Quiz-43**

sand  
dog  
Echinococcus  
man  
brood

intermediate host  
capsules  
hydatid  
definitive host  
granulosus

**Quiz-44**

flail  
osteitis  
chest  
injury  
breast

funnel  
chest  
chest  
feeding  
deformans

**Quiz-45**

westermani  
Dracuncula  
pahangi  
Wuchereria  
Ascaris  
Loa

bancrofti  
loa  
lumbricoides  
Paragonimus  
Brugia  
medinensis

**Quiz-46**

contact  
encephalopathy  
pulmonary  
eruption  
encephalitis  
rhinitis

Japanese  
creeping  
allergic  
arsenic  
dermatitis  
eosinophilosis

**Quiz-47**

tic  
spastic  
hemi  
neuralgia  
mono

trigeminal  
plegia  
douloureux  
paraplegia  
paresis

**Quiz-48**

Neisseria  
prepuce  
syndrome  
urethritis  
phimosis

para  
Reiter's  
non-gonococcal  
gonorrhoeae  
ulcer

**Quiz-41**

fever of onset  
erythema nodosum  
phlyctenular conjunctivitis  
ESR raised  
tuberculin positive  
primary complex

**Quiz-43**

Echinococcus granulosus  
dog definitive host  
man intermediate host  
brood capsules  
hydatid sand

**Quiz-45**

Ascaris lumbricoides  
Dracuncula medinensis  
Wuchereria bancrofti  
Brugia pahangi  
Paragonimus westermani  
Loa loa

**Quiz-47**

tic douloureux  
trigeminal neuralgia  
spastic paraplegia  
hemiparesis  
monoplegia

**Quiz-42**

large intestine  
sigmoid colon  
rectal polyp  
hepatic flexure  
hepatomegaly

**Quiz-44**

osteitis deformans  
funnel chest  
chest injury  
flail chest  
breast feeding

**Quiz-46**

Japanese encephalitis  
arsenic encephalopathy  
creeping eruption  
contact dermatitis  
allergic rhinitis  
pulmonary eosinophilosis

**Quiz-48**

Neisseria gonorrhoeae  
paraphimosis  
prepuce ulcer  
non-gonococcal urethritis  
Reiter's syndrome

**Quiz-49**

sediment  
deposit  
ion  
an  
calcium

ion  
ion  
urinary  
cat  
calcium

**Quiz-51**

fibrosis  
obliterans  
hyper  
fibrosing  
toxicity

oxygen  
alveolitis  
interstitial  
ventilation  
bronchiolitis

**Quiz-53**

splenism  
splenic  
cake  
megaly  
syndrome

spleno  
Banti's  
hyper  
flexure  
ague

**Quiz-55**

mesenterica  
dental  
dorsal  
caries  
caries

sicca  
spine  
caries  
tabes  
tabes

**Quiz-50**

cord  
spinal  
cord  
vertebral  
bifida

body  
spina  
column  
spinal  
umbilical

**Quiz-52**

Strongyloides  
Trichinella  
latum  
worm  
pin

Diphyllobothri

**Quiz-54**

effusion  
pulmonary  
ulcerative  
fibrosis  
sclerosis

systemi  
colitis  
pleural  
embolis  
cystic

**Quiz-56**

lupus  
language  
acne  
vaginitis  
vulgaris

lupus  
vulgaris  
discoid  
vulgar  
vulvo

**Quiz-49**

anion  
cation  
calcium deposit  
urinary sediment  
calcium ion

**Quiz-51**

bronchiolitis obliterans  
fibrosing alveolitis  
interstitial fibrosis  
hyperventilation  
oxygen toxicity

**Quiz-53**

splenic flexure  
hypersplenism  
splenomegaly  
Banti's syndrome  
aguecake

**Quiz-55**

dental caries  
caries spine  
caries sicca  
tabes mesenterica  
dorsal tabes

**Quiz-50**

umbilical cord  
spinal cord  
spinal column  
spina bifida  
vertebral body

**Quiz-52**

pin worm  
thread worm  
*Trichinella spiralis*  
*Diphyllobothrium latum*  
*Strongyloides stercoralis*

**Quiz-54**

cystic fibrosis  
systemic sclerosis  
pleural effusion  
pulmonary embolism  
ulcerative colitis

**Quiz-56**

*lupus vulgaris*  
*acne vulgaris*  
*discoid lupus*  
*vulgar language*  
*vulvovaginitis*

**Quiz-57**

propamide  
gas  
hydrate  
chloro  
chelating

agent  
thiazide  
chlorine  
chlor  
chloral

**Quiz-59**

section  
breech  
version  
labour  
forceps

internal podalic  
delivery  
obstructed  
presentation  
Caesarian

**Quiz-61**

mask-like  
involuntary  
Parkinson's  
tremor  
paralysis  
gait  
retro/pro

pulsion  
rigidity  
agitans  
festinating  
face  
movements  
disease

**Quiz-63**

Hughlings  
paralysis  
psychomotor  
petit mal  
tantrums  
febrile  
and epilepsy  
cry

convulsions  
epileptic  
temper  
myoclonus  
grand mal  
seizures  
Jackson  
Todd's

**Quiz-58**

arthritis  
membrane  
arthro  
pathy  
cyst

Baker's  
arthro  
osteo  
scopy  
synovial

**Quiz-60**

apparatus  
syndrome  
glomerular  
loop of  
pyelo

nephritis  
Henle  
nephrotic  
filtrate  
juxta-glomerular

**Quiz-62**

molluscum  
scabiei  
Pteronyssinus  
pediculosis  
cyst  
miliaris  
Coliform

rubra  
dermoid  
bacilli  
contagiosum  
dermatophagoides  
Sarcoptes  
pubis/capitis

**Quiz-64**

black  
lung  
platinum  
Hodgkin's  
disease  
pneumoconiosis  
allergic

asthma  
disease  
alveolitis  
beryllium  
antimony  
lung  
paraquat

**Quiz-57**

chelating agent  
chloral hydrate  
chlorpropamide  
chlorothiazide  
chlorine gas

**Quiz-59**

breech presentation  
obstructed labour  
internal podalic version  
forceps delivery  
Caesarian section

**Quiz-61**

involuntary movements  
tremor, rigidity  
mask-like face  
festinating gait  
retro/pro pulsion  
paralysis agitans  
Parkinson's disease

**Quiz-63**

epileptic cry  
grand mal, petit mal  
psychomotor seizures  
temper tantrums  
myoclonus and epilepsy  
Todd's paralysis  
Hughlings Jackson  
febrile convulsions

**Quiz-58**

Baker's cyst  
osteoarthritis  
arthropathy  
synovial membrane  
arthroscopy

**Quiz-60**

pyelonephritis  
glomerular filtrate  
loop of Henle  
juxta-glomerular apparatus  
nephrotic syndrome

**Quiz-62**

molluscum contagiosum  
Sarcoptes scabiei  
Pteronyssinus dermatophagoides  
pediculosis pubis/capitis  
dermoid cyst  
miliaris rubra  
Coliform bacilli

**Quiz-64**

paraquat lung  
black lung  
beryllium disease  
platinum asthma  
antimony pneumoconiosis  
allergic alveolitis  
Hodgkin's disease

**MEDICAL WORDS QUIZ****Quiz-65**

angina  
excavatum  
obese  
cardiac  
bronchial

failure  
asthma  
pectus  
pectoris  
smoker

**Quiz-66**

sclerosis  
multiple  
multiple  
graphy  
myelin  
blast

sclerosis  
sheath  
tuberous  
myelo  
myeloma  
myelo

**Quiz-67**

diabetic  
diabetic  
diabetes  
diabetes  
mellitus

stress  
insipidus  
diabetes  
nephropathy  
gangrene

**Quiz-68**

test  
tuberculin  
miliary  
meningitis  
tubercles

tuberculosis  
choroid  
tuberculous  
anergy  
Heaf

**Quiz-65**

angina pectoris  
pectus excavatum  
obese smoker  
cardiac failure  
bronchial asthma

**Quiz-66**

tuberous sclerosis  
multiple myeloma  
multiple sclerosis  
myelin sheath  
myeloblast  
myelography

**Quiz-67**

diabetes mellitus  
diabetes insipidus  
stress diabetes  
diabetic gangrene  
diabetic nephropathy

**Quiz-68**

Heaf test  
tuberculin anergy  
miliary tuberculosis  
choroid tubercles  
tuberculous meningitis

## SECTION 14

# Some Interesting Anecdotes in my Clinical Practice

---

---

### Two cases of boisterous behaviour

#### Episode 1

An adolescent boy of 18 years was admitted in TB Hospital Irumnuma, Hyderabad in MWI - emergency ward for the treatment of active cavitary pulmonary tuberculosis. He asked me about the disease he was suffering from, while I was on night duty at 11.00 p.m. I explained to him about the disease in simple terms, in a sympathetic tone adopting a friendly attitude. He became boisterous abruptly, took a knife in his hand, turned violent at the spur of the moment and began jumping from one bed to the other and began running in between beds. I was at my wits' end to tackle this unanticipated emergency, the solution of which must be instantaneous. One idea flashed across my mind; I asked two well built energetic ward boys (male nursing orderlies) to take two blankets one each, well spread out in their hands, to chase the patient and catch him from his back. The attempt was fruitful; they could succeed in entrapping him in the blankets and putting him back in his bed.

After the Herculean task we tranquillised the patient with drugs, the further course was uneventful. Next morning he

expressed his sorrow and felt guilty for having created a scene in the ward that night, much to the annoyance of the staff and other patients..

### Episode 2

A 45 year old male with tension pneumothorax of left side on the top of bilateral extensive advanced pulmonary tuberculosis was using obscene language and blaming doctors. The confused state of mind could be attributed partly to carbon dioxide retention and partly to psychological fear of impending death. He began shouting using irrelevant language. All the turn of events was consequent on the medical emergency viz, tension pneumothorax.

I gave him a kind word, friendly gesture and rushed him to the ward-side minor surgery, introduced under water seal and drainage of the left pleural cavity. He was quietened. After tiding over the emergency, his behaviour became normal.

### The lure of Lady Nicotine

### Episode 3

On a winter day while working in the out patient department of Chest and TB Hospital, Taif, Kingdom of Saudi Arabia, an urchin breathed and enjoyed his final puff of cigarette at the entrance door, came into the consultation room and complained of cough. I observed the behaviour of the youngster. A health promotion card inscribed 'smoking forbidden' in the local language was hung on the wall just above the chair of the physician. I pointed out the board to him and told him in good faith that smoking is responsible for his cough and hence forbidden. The urchin had the audacity to say "*Doctor, the sign board is for you, not for me*".

**Episode 4**

An eminent thoracic surgeon, a heavy smoker for four decades knew he was having carcinoma bronchus/lung. He was duly advised bronchoscopy. His refusal was unwarranted of him, he himself being a thoracic surgeon who had performed many such bronchoscopies..

He was suffering from nagging cough, haemoptysis and progressive breathlessness. He developed clubbing of digits. Though he delayed this important primordial investigation viz, bronchoscopy to a late stage in the evolution of the disease, it was brought to his mind that *'investigation delayed is treatment denied'*. Yet he would not budge an inch and opposed vehemently to get himself bronchoscoped. We were at our wits' end to advise this teacher who was a source of inspiration to all of us. After coaxing and cajoling, he finally agreed on one express precondition viz, *'he will allow bronchoscopy provided he is permitted to smoke a cigarette before the procedure'* Lo! the lure for Lady Nicotine is so powerful and irresistible.

**Instances of lack of use of common sense.****Episode 5**

While I was on duty one night the nurse asked me in telephone "Patient not passing urine. Lasix i.m. inj was ordered by ward doctor. Please advise".

I went and examined the patient. She was a female aged fifty with a Foley's catheter which was in the body alright but not in position. The catheter was found leaking. Evidently the attention of the nurse was on the bottle connecting the catheter tied to the edge of the bed, but not on the outflow track of urine. A clue could have been obtained, if the nurse had uncovered the bedsheets, and looked for the wet undergarment.

Promptly I put the catheter in the proper position.

## Episode 6

A not infrequent experience for every doctor is the plight of a patient on intravenous drip. The attention of the busy nurse is on the drops dripping in the apparatus; a common sense point whether the fluid is flowing into the vein doesn't strike. When the patient complains of smarting/burning sensation in case of irritant fluid due to extravasation into tissues outside the vein, it is a blessing in disguise since this incident attracts the attention of the nurse. In other instances when the fluid is non-irritant in nature the extravasation is not noticed until the covering cloth over the site of drip is uncovered. At times, the elbow (site of drip) gets transformed into the size of the knee or distal portion of the thigh due to extravasation of fluid.

Hence the dictum is 'Have an eye on the position of the needle when intravenous medication is being administered.'

### Routine, inadvertent acts

## Episode 7

During one night in winter a male of 60 years age was observed to have not passed urine and complaining of pain in the pubes. The nurse read the notes by ward doctor in the case sheet 'Lasix inj I.M. S.O.S.' She administered the injection and both patient and nurse were anxiously awaiting for urine. An hour elapsed, no drop of urine; the patient's discomfort was turning to distress. I was duly informed of the situation. I went and examined the patient. The urinary bladder was full and distended. Promptly I passed a catheter and relieved the obstruction.

The nurse ought to have informed me before administering Lasix injection.

**Episode 8**

A dutiful nurse, the patient's well-wisher promptly motivated him to attend TB out-patient clinic for monthly collection of drugs and wrote in the case record.

*'Isoniazid one tablet and thiacetazone one tablet daily after food for one month. Monthly round-up'.*

Instead of follow up she wrote round-up, a slip of thought or pen.

**Episode 9**

A middle aged man admitted for observation regarding his anxious behaviour was promptly referred to a psychiatrist for opinion. The patient felt sensitive/touchy at the sight of the psychiatrist and remarked "My condition doesn't warrant examination by a psychiatrist. I am alright. I didn't want the psychiatrist's consultation; you wanted it".

**Episode 10**

A bottle of blood for transfusion to a patient was brought by the nurse from blood bank as per the order of the ward doctor. The indication for transfusion was not an emergency. She came to the out patient department at 8.00 p.m. while I was on duty that night and asked me to write in the case sheet of the patient premedication, blood transfusion etc. I said I would come and see the patient and act further.

I proceeded to the ward and touched the patient. Lo! the patient was having pyrexia  $40^{\circ}\text{C}$ . (Internist ordered not to give analgesics to the patient, the instruction given few days before at which time he was apprexial). We waited for an hour for the temperature to come down with measures like cold sponging but the efforts were in vain. At 9 p.m. I ordered 2 tablets of paracetamol stat. followed by one tablet t.d.s; to stop paracetamol

after fever subsides as per the order of Internist. I ordered the blood transfusion to be postponed till the temperature settles to normalcy.

### **The influence of faith**

#### **Episode 11**

A female aged 35 consulted me for haemoptysis in Hanamkonda. In the process of history-taking she narrated frequent attacks of haemoptysis for the last three years and use of antitubercular drugs prescribed by her family quack doctor. I asked her whether she was investigated for pulmonary tuberculosis before the start of the treatment. She replied that no investigations were done but the quack doctor used the drugs empirically. There were no other clues to suggest pulmonary tuberculosis.

On clinical examination there was no suspicion of pulmonary tuberculosis, the first commonest cause of haemoptysis in our country. Mitral stenosis, the second commonest cause of haemoptysis in a female was excluded.

#### **X-ray Chest**

Lungs clear, cardiac configuration and mediastinum normal.

I referred for ENT examination. The report came 'Fibroma of larynx'.

Evidently she is bleeding from the fibroma of larynx.

I advised stoppage of antitubercular drugs and radical cure (operation) for the fibroma of larynx. She paid no heed to either advice. '*I came to know she is continuing INH and PAS*'. Such is the powerful influence of faith!.

### Episode 12

A Saudi female aged fifty (semi-centenarian) was suffering from allergic dermatosis. The specialist dermatologist was treating her assiduously. She attributes alleviation of her itching to smearing of 'henna' paste over her body!

*'If you are cured/relieved you thank the Lord Almighty. If there is no improvement you blame the doctor'.*

### Other happenings

### Episode 13

A male aged forty in TB and Chest Diseases ward, SVRR Hospital, Tirupati was suffering from amoebic abscess in the right lung. The investigation to confirm the proof of diagnosis is demonstration of vegetative forms of amoeba in sputum.

One afternoon at 2.00 p.m. after completion of ward rounds, the above patient pressurised me for the diagnosis of his condition. He was expectorating tomato-juice coloured (chocolate coloured) sputum. I asked the patient to sit by the side of the microscope in the ward-side laboratory. It is too well known to examine fresh hot specimen of expectorated material to detect motile vegetative forms of *Entamoeba histolytica* with pseudopodia and ingested RBCs. The time 'sputum to slide' should be as minimum as possible, otherwise vegetative forms die as time elapses. Hence the sooner the time 'spit to slide' the greater are the chances of detection.

In the above case I could find vegetative forms of *E. histolytica* in his sputum, the first time in my life, which paved the way for further research on the subject.

On that day I learnt a secret for success- 'The more tired you are the more patience you should have, to get reward'. But for this

experience in my clinical career I would not have got interested in pulmonary amoebiasis. Lunch may be delayed by an hour but lifetime experience accumulates.

The success depends upon the tenacity to look for the parasite; repeated search for ten minutes or more each time, is necessary.

### **A definition of haircut**

#### **Episode 14**

A well built man of middle age with thick bushy long and unruly pubic hair came to the Casualty Department with a fine fissure over his prepuce consequent on one hair shaft of pubic hair having had cut his prepuce during an inadvertent act of its retraction.

The best prevention against further such happenings is clean shave of pubic hair at frequent intervals thus not allowing the hair shaft to grow long from its follicle.

### **A definition of zip cut**

#### **Episode 15**

A boy of six years was brought to the out-patient department for the treatment of lacerated cut of his prepuce consequent on careless play with the zip of his trousers.

The best prevention against further such wounds is to make a practice to wear an under-garment (drawer).

#### **Episode 16**

A middle aged farmer with low I.Q. came to the family planning clinic. The health visitor explained to him the method of condom usage. He demonstrated to the farmer showing the

unfolding of the condom over his middle finger and covering the entire finger with the unfolded condom. The health visitor explained to the farmer that he should wear the condom over his <sup>adult</sup> ~~penis~~ organ i.e. penis during sexual intercourse.

The farmer went home satisfied. He was practising coitus wearing the condom on his middle finger. Six months later he attended the Family Planning clinic complaining that his wife has become pregnant!.

## SECTION 15

### Varieties of Pain

---

*For all the happiness mankind can gain is not in pleasure, but in rest from pain*

*John Dryden*

One is not afraid of death but is afraid of pain.

Quiz exercises are given in this section. In each quiz the nature of pain is indicated on the left hand side column. The word denoting the relief/amelioration of pain is mentioned in the right hand side column. Match the near appropriate term.

*Part A : Quiz exercises*

*Part B : Answers*

Each exercise is autonomous and contains Part A and Part B.

As an example, the following quiz is given on the left hand side and the answer on the right hand side.

**Quiz**

ferocious      eased  
 paralysing      quieted  
 awful      tamed

**Answer**

ferocious      quieted  
 paralysing      tamed  
 awful      eased

**Quiz Exercises****Exercise 1**  
**Part A****Quiz 1**

excruciating      pacified  
 crushing      gentled  
 knifing  
 (cutting)  
 atrocious  
 devastating

**Quiz 2**

colicky      abated  
 flaming      assuaged  
 intensified      subsided  
 scaring      cooled  
 intense(fiery)      lessened

**Quiz 3**

pulsating      stilled  
 corroding  
 (eroding)  
 tearing  
 griping  
 ravaging

**Quiz 4**

battering      tranquilized  
 (shattering)  
 acute      tempered  
 chronic      lightened  
 barbarous      controlled  
 stabbing  
 (lancinating)

**Quiz 5**

grating  
grinding  
paroxysmal  
raging  
scalding

cooled  
soothed  
eased  
slackened  
remit ted

**Quiz 6**

phobia/neuroses  
devouring  
(consuming)  
rampaging  
(storm-like)  
acupressure  
gas pain in  
abdomen

**Part B  
Answers****Quiz 1**

excruciating  
crushing  
knifing (cutting)  
atrocious  
devastating

mitigated  
soothed  
blunted  
gentled  
pacified

**Quiz 2**

subsided  
cooled  
lessened  
assuaged  
abated

**Quiz 3**

pulsating  
corroding  
(eroding)  
tearing  
gripping  
ravaging

palliated  
ameliorated  
blunted  
stilled  
quelled

**Quiz 4**

battering  
(shattering)  
acute  
chronic  
barbarous  
stabbing  
(lancinating)

**Quiz 5**

grating  
grinding  
paroxysmal  
raging  
scalding

eased  
slackened  
remit ted  
soothed  
cooled

**Quiz 6**

phobia/neuroses  
(by psychiatrist)  
devouring  
(consum ing)  
rampaging  
(storm-like)  
acupressure  
gas pain in  
abdommen

curbed  
obtunded  
calmed

counteracted  
relieved

**Exercise 2**

In this exercise the type of pain is indicated in the left hand column and remedy is in the right hand column in each quiz.

Match the appropriate remedy for the type of pain.

Quiz exercises are given in Part A. Answers are given in Part B.

**Part A****Quiz Exercises****Quiz 1**

severe  
apprehensive/psychotic  
skewering(piercing)  
subthreshold  
petrifying(stupefying)

sedate with drugs  
bear,endure  
alleviate  
anesthetics(local)  
psychoanalysis

**Quiz 2**

radiating pain  
neural pain  
(e.g. trigeminal neuralgia)  
intervertebral disc prolapse  
appalling (dismay, shock)  
agonising  
(mental torture)

psychiatric treatment  
treat shock  
tackle the cause  
inject drug into ganglion  
surgery

**Quiz 3**

ravaging	plastic surgery
excruciating	sedation
fleeting/flitting joint pains	intensive care
pulverizing	pain killer
boring	treat rheumatic disease
(e.g. dissecting aneurysm)	

**Quiz 4**

constricting/vice-like	treat cervical spondylosis
pain in chest	
recurrent headaches, often with disturbances of vision	treat intracranial lesion
pain in chest brought on by exertion	treat migraine
pain on moving neck	treat angina pectoris
headache, vomitings	treat myocardial infarct

**Quiz 5**

intractable (stubborn)	be alert
deadly	treat the cause
hysterical	give reassurance
hypochondriac	consult psychiatrist
intriguing	intensive care unit

**Part B**  
**Answers**

**Quiz 1**

severe	alleviate
apprehensive / psychotic	psychoanalysis
skewering (piercing)	anesthetics (local)
subthreshold	bear , endure
petrifying (stupefying)	sedate with drugs

**Quiz 2**

radiating pain	tackle the cause
neural pain (e.g. trigeminal neuralgia)	inject drug into ganglion
intervertebral disc prolapse	surgery
appalling(dismay, shock)	treat shock
agonising (mental torture)	psychiatric treatment

**Quiz 3**

ravaging	intensive care
excruciating	pain killer
fleeting/flitting joint pains`	treat rheumatic disease
pulverizing	sedation
boring (e.g. dissecting aneurysm)	plastic surgery

**Quiz 4**

constricting/vice-like pain in chest	treat myocardial infarct
recurrent headaches, often with disturbances of vision	treat migraine
pain in chest brought on by exertion	treat angina pectoris
pain on moving neck headache, vomitings	treat cervical spondylosis treat intracranial lesion

**Quiz 5**

intractable (stubborn)	treat the cause
deadly	intensive care unit
hysterical	consult psychiatrist
hypochondriac	give reassurance
intriguing	be alert

## SECTION 16

### Lapsus Linguae, Lapsus Calami and Snippets

---

\* A dutiful Phillipine female nurse who turned sleepy after a strenuous night duty telephoned at 6.10 a.m. on one fine morning while I was on duty in Chest and TB Hospital, Taif, Kingdom of Saudi Arabia "105 year old male patient has not passed urine last night, dribbling present, gall bladder distended" (she meant urinary bladder).

\* Tuberculosis of female genital tract

'Secretary phase was observed in 69.24% of total cases of tubercular endometritis'

Journal of Obstetrics and Gynaecology (lapsus calami for Secretary)

\* Definition of 'friend'

A friend in need is a friend indeed

I add 'A friend in need is a friend indeed and in deed!'

\* Disease implies dis-ease.

\* Oxygen cylinder-warning in red letters :

High pressure gas

'vigorously activates combustion'

'Keep away from oil or grease'

(why? If not kept so, it will slip and fall on the foot).

- \* What is the optimum fluorine content of drinking water for prevention of dental caries?

0.1 p.p.m.

1.0 p.p.m.

10.0 p.p.m

(Answer : 1.0 part per million)

- \* If oysters tolerated grit there would be no pearls:

*Medicine Digest*

- \* Motto in life 'To know more and to be known more'.

- \* Expensive care unit in a hospital.

(read Expensive as Intensive - Wealth is Health)

- \* Patient to Eye specialist

'Six months ago you told me I should be able to read with these glasses - I'm still illiterate!'

*Medicine Digest*

- \* '.....An eleven year old body presented with dysphagia, breathlessness and cough...' (read body as boy)

*Medicine Digest*

- \* Time wounds all heels; time heals all wounds.

- \* 'Dust thou art, Dust thou returneth' (I add 'Dust thou liveth' in the middle)

- \* Does fifty denote a half or does thirty denote a half? Both are correct- the former in terms of currency, the latter in terms of time.
- \* Personal secretary to Physician  
 'You said his recovery was a miracle, so he sent the cheque to the Church instead of you'.
- \* All our (swimming pool) water has been passed by the public health committee  
 (It could have been better phrased)

*The  
Guardian*

- \* A class in Zoology: Ectoparasites

Student to teacher ' I know Miss-- It's a public louse, an affliction of the gentiles'.  
 (read public as pubic; gentiles as genitals)

*Medicine Digest*

- \* 'Travel expands the mind and loosens the bowels'  
 'Alternative medicine expands the purse and loosens the understanding'.

*International Association of Physicians for Overseas Services*

- \* Cathartic experience?

'was discharged from hospital after undergoing a general medical evacuation'  
 (read evacuation as evaluation)

*Kenya Daily Nation*

- \* Forgetfulness is Nature's safety valve.
- \* The cry of the baby is the bomb of the obstetrician.

- \* The indications for forceps delivery: foetal distress, maternal distress, surgeon's distress.
- \* Suture by surgeon, healing by God.
- \* Psychiatrist consultation

Psychiatrist to patient: 'Of course, insanity is hereditary. Mrs. Figby, you get it from your children'

*Medicine Digest*

- \* Personal secretary to Psychiatrist

DOC, regarding the patient with split personality, shall we charge them both?

- \* Patient to Psychiatrist

'Since you cured my split personality, I suffer terribly from loneliness'

*Medicine Digest*

- \* I am alone but not lonely
- \* Supply the vowels and make a sentence.

THNK BFR Y SPK

(Think before you speak)

- \* Supply the vowels and make a well known proverb

LK BFR Y LP

(Look before you Leap)

*Reader's Digest*

- \* Surgeon to patient

‘There is a 15 month waiting for gallstones- why not have your appendix out?’

*Medicine Digest*

- \* Nurse to doctor
- “ Mr. Y. is asking to have his whole-gut irrigation with beer, Doctor”.

*Medicine Digest*

- \* The lighter side of the Lancet-Synopsis of Gastro-Enterology

Therapy

- (a) Any symptom: new bran pill with cimetidine coat
- (b) No symptoms: laparotomy

Diet

- (a) too thin: gluten - free diet.
- (b) too fat: glutton - free diet

Research

- (a) Use of fibrescopes
- (b) Scope of fibre uses

In England now.

*Lancet*

- \* Prolonged labour

From the Discharge summary of an obstetric case at London's Westminster Hospital: ‘spontaneous labour. Duration of first stage - 5 feet 15 inches. Duration of second stage - 57 inches’.

*Quoted by World Medicine*

- \* -Agricultural therapy?

A press report of Oxford Pharmacology examination results was headed 'Farm-ecology'

*Noted in Br. Med.J.*

- \* Doctor to an inquisitive patient

'Give up smoking, drinking, women, sugar, salt, eggs, cheese, butter, animal fats and fried food, and try to get out more and enjoy yourself'.

*Medicine Digest*

(What other pleasure is left over for the poor fellow!)

- \* Co-existence

Salt and sugar coexist in blood; blood is the elixir of life.

- \* Doctor 's dilemma

'Why and how' of some diseases are more difficult to explain than 'what' of a disease.

- \* Sly

A nurse who took propranolol to cause hypotension and bradycardia, in order to simulate organic heart disease is reported in Chest.

*Chest 1979*

- \* Jove's friend to Jove ' So, your husband celebrated his sixtieth birthday'. Jove's reply 'But Oh! darling - he celebrated his sexiest birthday'.
- \* So on his 60th birthday he became 'sex age Narian'. (read as sexagenarian)

\* Misprint

Many couples reported active sexual relations well into their eightieth decade

*Nursing Journal*

(read eightieth as eighth)

\* Definition of 'menopause'

men O! pause

\* To maintain good doctor - patient relationship

Be patient with your patient.

\* Aims in treatment

Cure at times, relief often, comfort always, reassurance ever

\* Go to a hospital which assures you a return ticket

\* Success in life is a ratio, the number of instances in which a person is properly understood to the number of instances in which he is misunderstood; the higher the ratio the greater the rating.

\* Under the heading 'mathematics'

Add friends, subtract enemies, divide sorrows, multiply joys.

The result is happiness and success in life i.e.

(you + friends) - enemies x joys

sorrows

*The Deccan Chronicle*

\* 'For this is the great error of our day in the treatment of the human body that physicians separate the soul from the body'.

*Plato*

\* Misprints

(Carcinoma of the bladder)... has a piessimistic outlook  
(read as pessimistic)

*Medicine Digest*

\* Misinterpretation

A nurse in Casualty thought that Dextrostix were like Clinistix -- 0% is normal and 2% is high -- with disastrous results

*World Medicine*

\* Quote

They all thought my life was coming  
To a full stop. But  
Thanks to the surgeon it came only  
To a semi-colon!

*Allan Madden*

\* One definition

Alexander Fleming discovered penicillin over the disc.

Hence discover = disc +over

\* Which is the special organ of sense supplied by half of the cranial nerves? the eyeball.

\* Smallest muscle with longest name:

Levator palpebrae superioris.

\* Name the longest bone with the smallest name

(Answer : the rib)

- \* Sign over a pile of tights on a Birmingham market stall  
'will fit all thighzes'.
- \* How do you get BABIES from LADIES?  
(Answer: Convert the letters L and D in LADIES into B)
- \* Adjustments in life:  
How to quieten a hostile situation, thus achieve conflict assimilation?  
Behave hostile -altercation  
Grow enmity  
Tell others that such and such a thing has happened  
Try to take vengeance  
Constructive dialogue to patch up differences  
Seek intervention by others  
Pocket the insult and keep quiet  
Yield to the situation
- \* Life is a logbook of your activities and experiences.
- \* Trust but verify

*Russian proverb*

- \* Clinics for pose-graduate students  
(lapsus calami for post-graduate)
- \* Definition of 'X-ray'  
ex-ray of hope of Roentgen
- \* Life is a ride on a bicycle with fear and hope as its two wheels.

\* Clinically paradoxical

The same nerve gives pleasure or pain

\* Human frame and function comparable to a building

**BONY SKELETON:** Steel and concrete

**SKIN :** Plaster on Walls

**LIMBS :** Corridors

**OPENINGS :** Doors and windows

**FACE:** Main door entrance

**BRAIN :** Key to the main door

**HEART :** Indicates your hospitality i.e. the drawing room.  
The way to a man's heart is through his stomach.

**LIVER:** Regarding culinary aspect of one's existence which is of a primordial nature and vital importance, you trust to the kitchen i.e. the liver, the internal chemical laboratory in your body, an organ with vicarious nature.

**LUNGS:** Bed rooms (retiring rooms); also comparable to lawns in your building site.

**KIDNEYS:** Toilet, water closet, bathrooms - you want perfect drainage.

## SECTION 17

### The Care of the Aged

---

*The period of old age is often termed 'the golden years' - 'old is gold'-who dare deny gold is precious!*

The definition of the aged requires scrutiny. A man/woman feels aged according to his /her ability. Able - bodied and able-minded thinking of old age differs from person to person. A person of the age of 70 might feel 70 years young but not 70 years old; in contrast a person of 65 years may feel 65 years old but not 65 years young. The subjective feeling of young or old age is inherent upon one's own experiences with his life and status of health.

The process of aging is a complicated one. Old age and aging are not strictly synonymous. The illnesses in the elderly subjects are grouped under geriatrics. However, getting old requires adjustments in life, not the end of activity. The old depend on the young. Children may be too far away to help, family members have no time to attend on this grand old man/woman. He/she may develop a feeling of *social unwantedness*.

Certain processes of aging connot be predicted, for example development of cataract; it has no bearing on the

habits of the individual. In contrast, night blindness could be avoided by adequate intake of vitamin A.

The elderly person is often prone to diseases. Old age in itself is an incurable disease. One day a tooth may ache, one day a joint may become painful. As aging proceeds, mobility of joints diminishes; osteoarthritis and osteoporosis lead to vulnerability to accidents and fractures. Visual and auditory impairment make life less and less enjoyable. Urinary incontinence disturbs his sleep and sobriety.

Dementia may usher in due to deficient blood supply to the brain consequent on aging, which leads to degenerative process affecting the centres in the brain controlling thought, action, behaviour and memory. Alzheimer's disease is one such process, sneaking in the brain in the aged.

A senile pessimist will remark "Ah! the glass is half empty, it is my bad luck" while the optimist gets satisfied saying "O.K. the glass is half full, let us enjoy". The former, says in disgust "I am killing time till time kills me" whereas the latter values time saying "time lost cannot be regained".

Sluggish systems in his body may drive him to a secluded life which may influence his psychological adjustments with other members of his family and society. This may lead to depression or senile psychosis.

Senility may bring in its wake some impairment of memory, especially loss of memory of recent events; the past events in childhood are not forgotten.

In the hexagon of health hazards, viz., heart attacks, obesity, diabetes mellitus, hypertension, worry and tension, smoking and drinking, one leads to the other ; often they are coexistent and interlinked.

Another disease to be kept in mind in elderly individuals is cancer. The seven suspicious signals of cancer are:

1. Unusual bleeding or discharge from any orifice in the body.
2. A lump in the breast in a female, or at any site in any sex, which is growing rapidly.
3. A sore on the skin or mucous membrane, a wart or ulcer which does not heal.
4. Change in bowel habit or urinary bladder habit.
5. Nagging cough, blood - stained sputum and progressive breathlessness especially in a smoker, hoarseness of voice.
6. Chronic indigestion, blood in vomit ; difficulty in swallowing.
7. Certain blood disorders, lymph node enlargement.

Overall, the care of the aged depends upon the behaviour of the members in the family. The cure of the illnesses lies in the care taken. Living with married children is an exercise of adjustment of life style.

Health care lies in maintaining a healthy life style and self care.

### **Hints for health care**

- \* Moderation in everything must be the motto in life. Abhor excesses in anything.

To start with, take a prudent diet sufficient to maintain weight proportional to age and height. Avoid obesity, smoking and drinking. Keep short your waistline to make long your lifeline.

- \* Physical exercise is as important as the intake of a balanced diet. Yoga is the best form of relaxation in exercise. Don't be a slave to laziness; rest and laziness are not synonymous. Take rest but be not lazy!.

- \* Stay grey outside but remain green inside. Be gay. Enjoy mirth in this birth. Add life to years, not merely years to life. Old age is second childhood. Feel young in spirits, thoughts, words and deeds.
- \* Goals to success : Reverence to God and Service to mankind.
- \* Tame your thoughts and tongue. Key words : adjustability, adaptability.
- \* Watch words : to end in, ABC of well being: Avoid tension, be Busy and Cautious.

## SECTION 18

### A Quiz on Shuffle of Words

---

---

In each serial number words/articles/pronouns/prefixes are given. Shuffle them and make a bigger word for e.g. 'ox in dig ' becomes digoxin after the shuffle.

Quiz : The group of words in each line is indicated with serial number in part A. The answer word is mentioned in part B.

#### Part A

1. did as I can is	13. me endo ma trio
2. men ion pig tat	14. it per on is it
3. os is talc	15. no try me to
4. rat ion event	16. try dent is
5. son's in Park	17. art burn he
6. a but do mine	18. to plasma his
7. it pat is he	19. on tens hyper I
8. go encephalitis in men	20. then a as I my
9. is card it endo	21. os me endo is tri
10. chit or is	22. fur to nitro an in
11. is us it sin	23. it card is pan
12. toxic in ion at	24. at per ion for

25. I meter ox  
26. it her able  
27. my is dermato it os  
28. viscid is muco os  
29. comb lung honey  
30. to a an my  
31. his logical to  
32. chin tri sporo  
33. am at ion ex in  
34. on I infect super  
35. it is my os  
36. i- it thyroid  
37. I card os no is  
38. lung plant trans  
39. as I chin tri is  
40. at case I on  
41. lysis a an  
42. per in gill as  
43. mat is fibro os neuro  
44. cat if not ion I  
45. to as Moses an  
46. far in war  
47. is polyp os  
48. sat on I digital I  
49. worker's room mush lung  
50. os para is sit  
51. vent on I pre  
52. is gill as per os  
53. at trans I plant on  
54. ass is bag os  
55. I son's Add  
56. bite fever rat  
57. at or I expect on  
58. ant re in comb  
59. car is I as as  
60. I or ex a an  
61. go inter tri  
62. is it mast  
63. it tat pros is  
64. is it card  
65. it enter is  
66. best is os as  
67. gill per us as  
68. os bar is it  
69. or is `flu os  
70. is kaolin os  
71. an BÄL is it  
72. wick an Pick I  
73. me dens I try to  
74. phthisis cyto lympho  
75. is peri it card  
76. son chin Hut  
77. ant expect or  
78. os is acid  
79. I as elephant is  
80. is enter it gastro  
81. tri ma gas no  
82. if pur on I cat I  
83. ions us ill  
84. fort a an An

85. opt in Is	93. an End ox
86. tent at I on	94. duct ion trans
87. at pre ion sent	95. at comb ion re in
88. ox Fur one	96. cap at de ion it
89. form in ion at	97. ox it dig in
90. at cap on I it	98. ill retino is Pap it
91. tin lac pro	99. an it in I on
92. tat co ion arc	100. I then as a

**Part B**

1. candidiasis	21. endometriosis
2. pigmentation	22. nitrofurantoin
3. talcosis	23. pancarditis
4. eventration	24. perforation
5. Parkinson's	25. oximeter
6. dobutamine	26. heritable
7. hepatitis	27. dermatomyositis
8. meningoencephalitis	28. mucoviscidosis
9. endocarditis	29. honeycomb lung
10. orchitis	30. anatomy
11. sinusitis	31. histological
12. intoxication	32. sporotrichin
13. endometrioma	33. examination
14. peritonitis	34. superinfection
15. tonometry	35. myositis
16. dentistry	36. thyroiditis
17. heartburn	37. nocardiosis
18. histoplasma	38. lung transplant
19. hypertension	39. trichiniasis
20. myasthenia	40. caseation

41. analysis	71. balanitis
42. aspergillin	72. Pickwickian
43. neurofibromatosis	73. densitometry
44. notification	74. lymphocytophthisis
45. anastomoses	75. pericarditis
46. warfarin	76. Hutchinson
47. polyposis	77. expectorant
48. digitalisation	78. acidosis
49. mushroom worker's lung	79. elephantiasis
50. parasitosis	80. gastroenteritis
51. prevention	81. gastrinoma
52. aspergillosis	82. purification
53. transplantation	83. illusions
54. bagassosis	84. Anafortan
55. Addison's	85. Isoptin
56. rat-bite fever	86. attention
57. expectoration	87. presentation
58. recombinant	88. Furoxone
59. ascariasis	89. information
60. anorexia	90. capitation
61. intertrigo	91. prolactin
62. mastitis	92. coarctation
63. prostatitis	93. Endoxan
64. carditis	94. transduction
65. enteritis	95. recombination
66. asbestosis	96. decapitation
67. aspergillus	97. digitoxin
68. baritosis	98. retinopapillitis
69. fluorosis	99. inanition
70. kaolinosis	100. asthenia

